

Fall 2017 Program



Active Adults - Inspired Learning
Travel - Friendship

Lifetime Learning Institute

NOVA Annandale Campus
Godwin Building (CG), Room 202
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Annandale, VA 22003-3743
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Member of the
**Road Scholar Lifelong Learning Institute
Resource Network**

LLI's 2017 Holiday Party



*Friday, December 1
Fairfax Country Club
11:00 a.m.*

General Information

What Is LLI?

Affiliated with Northern Virginia Community College (NOVA), the Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI/NOVA is a member of the Road Scholar Lifelong Learning Institute Resource Network and benefits from the services Road Scholar provides in program development.

LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired), who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers.

LLI:

- is governed and financed by members.
- is supported by member-led planning, administration, and instruction.
- provides non-credit, non-degree courses.
- offers educational, cultural, and social events.
- recognizes that physical and mental health are major elements of vital aging.

What Do We Have to Offer?

- Participation in courses and special interest groups throughout the year, usually without charge.
- Participation in day and overnight trips at the special membership rate.
- Participation in the group overseas Study/Travel Program.
- Attendance at social events such as the winter holiday luncheon.
- Monthly newsletter.
- And hopefully, new friendships.

In addition, association with both NOVA and Road Scholar means that, as a member of LLI/NOVA, you are entitled to a Community Patron card, obtained from the NOVA library by showing a picture ID. This entitles members to use the NOVA library, located on the third floor of the Godwin Building. Up to three books can be charged out for three weeks; they can be renewed online for an additional period. Go to <http://www.nvcc.edu/library> for more information. There is no cost for the card.

How Are the Courses Organized?

Courses generally consist of one to ten 90-minute sessions, are informal, and frequently include group discussion. They are taught by outside faculty and by your fellow LLI members. Most courses are free to members, but some include assigned reading and purchase of a textbook, or require a small materials fee.

When Are the Classes and Where?

Classes are offered throughout the year, subdivided into Winter/Spring, Summer, and Fall semesters. They are typically held on weekdays between the hours of 10:00 a.m. and 3:00 p.m. The courses are held on the NOVA Annandale campus and off-campus in churches, community centers, and other suitable locations. See full addresses of class locations starting on page 18.

How Do I Become a Member and What Is the Cost?

Complete the membership application form found on pages 25 and 27, and mail with your check to the address shown. The current annual membership fee is \$110. The membership period is for 12 months beginning with the month in which dues are paid.

How Do I Register for Classes and Tours?

Complete the class registration form found on pages 21 and 23, listing the courses you wish to attend *in order of preference*. Mail to the LLI office with a self-addressed, stamped envelope and any applicable fees as soon as possible; *registration for classes closes Friday, August 11, 2017*. Your registration form will be mailed back to you in your self-addressed envelope shortly after the closing date, but in advance of the first class, indicating whether you have been accepted, wait-listed, or whether the class has been cancelled. **As a courtesy to other LLI members, please call the Coordinator listed in the specific course description if you will not be able to attend part or all of a course after you have been accepted. This will give members on a waiting list an opportunity to attend.**

As a general rule, LLI courses are open to LLI members only. However, there may be occasions when non-members may attend (or may be invited to attend). Course Coordinators are authorized to admit non-members when appropriate, and when space is available. **Please note that if you are wait-listed for a course, you are not “accepted” unless notified.**

What Is the Monthly Forum?

Members and non-members are warmly welcomed as guests to attend the Speakers Program and Open House Forum. The Forum is held monthly (except December and during the summer) at 10:00 a.m. in the Richard J. Ernst Community Cultural Center (see map on page 4) on the NOVA Annandale Campus (see page 5 for schedule). For more information, call the LLI office at (703) 503-0600 or check the website at <http://lli.nova.org>; also see information in the LLI monthly newsletter. Persons attending these Forums should park in the garage on Center Drive next to the Ernst Center. There is a \$2.00 per hour charge to park in the garage.

What Are the Cancellation Policies?

If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather, all LLI classes, special interest groups (SIGs), and Forums are cancelled regardless of location. LLI morning activities are cancelled if the FCPS announces a 2-hour delay in class openings; LLI afternoon activities are cancelled if the FCPS announces early dismissal. Trips and social events will take place unless cancelled at the leaders' discretion.

When Is the Registration Deadline?

The registration deadline for the courses in this catalog is *Friday, August 11, 2017*.

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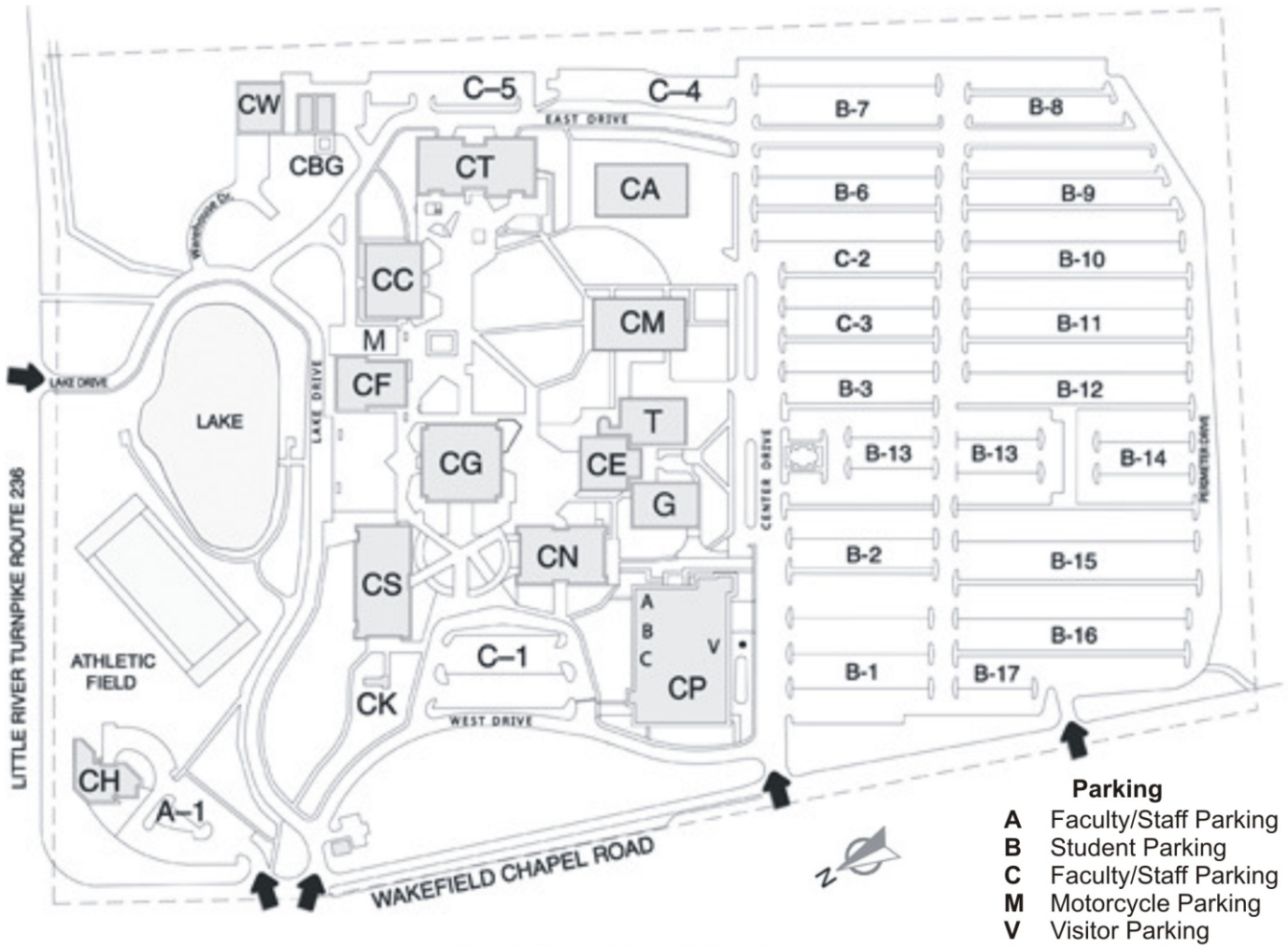
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NOVA Campus Map



Building Identification

- | | |
|---|--------------------------------------|
| CA Student Services Building Police | CN Nursing Building |
| CC Classroom Building | CBG Building and Grounds |
| CE Richard J. Ernst Comm. Cult. Ctr. | CP Parking Garage |
| CF Food Services Building | CS Shuler Building |
| CG Godwin Building | CT TV Tech. Building |
| CH Brault Building | CW College Warehouse Building |
| CK Greenhouse | G Gymnasium |
| CM McDiarmid Building | T Theater |

LLI Fall Program 2017

Note: All programs are free to members unless otherwise specified. See full addresses of course locations starting on page 18.

Members must register for the courses prior to attending because of space constraints. If you are unable to attend after registering, please contact the Course Coordinator so that anyone on the waiting list can be given the opportunity to attend the course.

Remember that we are guests in the buildings where we attend courses; in some cases, these buildings are residents' homes. We need to be courteous to both the staff who work in these buildings as well as the residents. If we don't extend such courtesy, we run the risk of not being invited back.

LLI Forum and Open House

The "Forum" is a meeting that offers presentations by guest speakers on a variety of topics. It is open to both members and non-members. Following the presentations, brief announcements are made regarding LLI's activities. Light refreshments are available at 9:30 a.m. The meeting begins at 10:00 a.m. Refer to the LLI newsletter for details.

Upcoming Forum dates are: Wednesdays, September 6, October 4, and November 1. **No Forum in December.** Ernst Cultural Center (CE), NOVA Annandale Campus.

ATTENTION! PLEASE WEAR YOUR LLI BADGE/LANYARD TO ALL LLI ACTIVITIES.

This is imperative. If you have lost your badge/lanyard, just contact Janice Viola in the LLI office and she will send you a new one.

Monday Mornings

Course 17F01A Understanding Opera, Part I (3 Sessions)

This course introduces the first two productions of Virginia Opera's 2017-2018 season: Saint-Saëns' *Samson and Delilah* and Puccini's *The Girl of the Golden West*. Detailed discussions include video and audio excerpts. The class is suitable for opera lovers and beginners alike.

Dates and Time: Mondays, September 18, 25, October 2; 10:00 a.m. — 12:00 p.m. (**Note class time.**)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 20, Max. 60

LLI Coordinators: June and/or George Chalou (703) 573-7769 (H); chalouj@cox.net

Leader:

GLENN WINTERS, Ph.D. in Music, Northwestern University; M.A. and B.A. in piano performance, Indiana University. Dr. Winters' background includes teaching at two universities, performing as a solo pianist and accompanist, and performing as an operatic baritone. Dr. Winters has sung principal roles with Virginia Opera, Opera Festival di Roma, and others. His compositions include eight children's operas commissioned by the Virginia Opera's Education Department. He authored the book, *The Opera Zoo: Singers, Composers, and Other Primates*. Dr. Winters joined the Virginia Opera's Education and Audience Development Department in 2004 as Community Outreach Musical Director.

Course 17F02A Pelagic Trips and Seabirds: Birding the Ocean (1 Session)

Seabirds are fascinating creatures, from storm petrels not much bigger than robins, to majestic albatrosses that patrol the oceans for months on end, returning to land only to breed. Often the best way to see these birds is to take a seaworthy boat out on the ocean, sometimes over 25 miles from shore. We will investigate the incredible lives of albatrosses, shearwaters, petrels, storm petrels, and a host of other birds that make the ocean their home. How do they fish in ocean waters? Where and when do they breed? We will also discuss the highs and lows of pelagic birding from the thrill of seeing a shearwater gliding over the ocean surface to, you guessed it, seasickness.

Date and Time: Monday, November 6; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Barry Centini (703) 658-1545 (H), (703) 517-1628 (C); barry.centini@verizon.net

Leader:

LARRY CARTWRIGHT has been a nature lover for most of his life. Besides being an avid land birder, he has been a participant in over 20 pelagic trips in both the Atlantic and Pacific Oceans. Not only has he accumulated a sizable list of seabirds on his shipborne travels, but he has gotten thrilling views of sperm whales and several shark species, including the great white. Larry leads several avian related surveys, including the Dyke Marsh Breeding Bird Survey for the National Park Service and the winter waterfowl survey for the Audubon Society of Northern Virginia, and he compiles the Washington, DC Christmas Bird Count sponsored by the Audubon Naturalist Society. Larry has received several awards from scientific and conservation based organizations, including the Virginia Society of Ornithology's Jackson M. Abbott Conservation Award for 2013.

Course 17F03A The Classic and New Seven Wonders of the World (1 Session)

What are the seven wonders of the Old World? Our instructor believes we know at least some of them. Join us as we learn Charles McClelland's picks for the New World.

Date and Time: Monday, November 13; 10:00 a.m. — 11:30 a.m.

Place: Greenspring Village (Village Square Theater), Springfield

Course Size: Min. 20, Max. Unlimited

LLI Coordinator: Doug Johnson (703) 628-3115 (C); llinovadoug@gmail.com

Leader:

CHARLES McCLELLAND grew up in the Panama Canal Zone and has travelled extensively throughout Central and South America and the Caribbean. He has studied in Mexico, served in the Peace Corps and worked as a volunteer in Colombia. Charles is a professional instructor and adjunct professor at Georgetown University. He has previously taught several educational and entertaining courses for LLI. In his spare time, he is a guest lecturer of the Holland America and Princess cruise lines and the Road Scholar Program.

Monday Afternoon

Course 17F04P The Secrets of DNA (NOVA Faculty) (3 Sessions)

DNA (deoxyribonucleic acid) is the fundamental chemical of life. Found only in living organisms, DNA is a complicated double twisted ladder that, with the help of enzymes, can copy itself and indeed, directs the activities of the cell — regardless of whether that cell belongs to a lowly sponge, a starfish, a maple tree, a mushroom, a bacterium, or an elephant. Let's delve into the secrets that DNA hides. What is its structure and how was it discovered? How does it actually work? And what technologies have grown out of our understanding of this miraculous molecule? We will examine the biology and chemistry of DNA, along with its history and the contributions of James Watson and Frances Crick who discovered the double helix of DNA, and Rosalind Franklin, whose extraordinary work during her short life and career contributed to the understanding of the structure of DNA. We will also discuss the current technology that allows us to use DNA evidence in a court of law, to determine paternity, and solve cold cases.

Dates and Time: Mondays, September 25, October 16, November 6; 2:00 p.m. — 3:45 p.m. (**Note class time.**)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Dr. GILLIAN BACKUS, B.A., Mount Holyoke College; Ph.D. in toxicology, University of North Carolina (Chapel Hill). Dr. Backus is a professor of biology at NOVA-Loudoun. She teaches an honors level biology 101 course focusing on the potential of food in influencing cancer, as well as the anatomy and physiology sequence required of all pre-nursing students.

Tuesday Mornings

Course 17F05A Love It or Leave It? Modifying Your Home for Safe Living (1 Session)

Small changes in your home may not only enable you to thrive as your living situation changes, but can also make life easier for visitors to your home — from grandchildren to adult children and friends. This course will describe "universal design" ideas for your home to make it safer: handrails, grab bars, lighting,

lever handles and faucets, doorway widths, curbless showers, lifts/ramps, and other design features.

Date and Time: Tuesday, September 26; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 15, Max. 60

LLI Coordinator: Cathy Becker (703) 354-6337 (H), (703) 505-9821 (C); cz.becker@verizon.net

Leader:

JANE KING has been a consultant for 10 years on issues related to aging, following her employment at AARP as a manager of various departments involving housing options. She is currently vice-chair of "At Home in Alexandria," a "village." A "village" is a community organization established for individuals age 55 and older who want to remain in their homes, living independently in the community they love. Jane is a frequent presenter of AARP's HomeFit program on making a home accessible. Also, as a legislative specialist, she represents AARP at the state and federal levels. A graduate of Duquesne University with a degree in English, she enjoys sharing techniques and solutions for supporting livable communities for all ages.

Course 17F06A The Supreme Court (1 Session)

Join us as a long-time member of the Supreme Court Bar shares his personal experiences listening to oral arguments and the handing down of decisions by the Supreme Court.

Date and Time: Tuesday, October 3; 10:00 a.m. — 11:30 a.m.

Place: Mason District Governmental Center (Main Community Room), Annandale

Course Size: Min. 15, Max. 80

LLI Coordinator: Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); GTrapp_26@msn.com

Leader:

DAVID DRACHSLER is a retired Department of Labor attorney. He has been a member of the Supreme Court Bar since 1972, during which time he attended numerous landmark Supreme Court arguments. David is also a member of LLI.

Course 17F07A The Oceans: Past, Present and Future (1 Session)

This course covers the origin of the world's ocean basins, the history and influence of their major currents, and what the future holds for both man and ocean life.

Date and Time: Tuesday, October 12; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Philippa Centini (703) 658-1545 (H), (703) 472-5269 (C); phil.centini@verizon.net

Leader:

BARRY CENTINI, Ph.D. in geology, University of North Carolina, Chapel Hill. Barry has been offering geology and science classes to LLI members for several years, and is also an LLI member.

Course 17F08A Fall Tour at Meadowlark Gardens
(1 Session)

Enjoy a walk through the natural areas and gardens of Meadowlark Gardens with a focus on the plants and flowers that are changing as the weather gets colder.

Date and Time: Tuesday, October 17; 10:00 a.m. — 11:30 a.m.

Place: Meadowlark Botanical Gardens, Vienna

Course Size: Min. 10, Max. 30

LLI Coordinator: Mary Lu Bednarsky (703) 455-3999 (H), (703) 328-6420 (C); mlbednarsky@gmail.com

Leader:

JULES MALONEY started as the Meadowlark specialist in 2014. From 1988-2001, she served as public relations specialist for the Northern Virginia Regional Park Authority, Meadowlark's parent organization, and promoted all regional parks and their programs and events. A former elementary school teacher, Jules provides Meadowlark's educational programming for schools and community groups.

Course 17F09A Life and Work in the Foreign Service
(4 Sessions)

This course is based on the oral histories of Foreign Service Officers that have been recorded and transcribed by the Association of Diplomatic Studies and Training (ADST; www.adst.org). Over the last 20 years, ADST has recorded and transcribed some 2,000 oral history interviews (including one by this instructor). Stories drawn from these oral memoirs will be the basis for four class sessions, each dealing with a different topic: "The Foreign Service in Vietnam," "The Foreign Service and the Cold War in Europe," "Foreign Service Officers in Washington," and "Foreign Service in the Post-Colonial World." Anecdotes from these oral histories will tell the story of America's working-level diplomats from the 1960s to the 1990s.

Dates and Time: Tuesdays, October 17, 24, 31, November 7; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Dr. MICHAEL ANDERSON, B.A., University of Illinois; M.A. and Ph.D. in history, University of Chicago. Dr. Anderson is a retired Foreign Service Officer (1973-2002). Following retirement, he taught U.S. history and western civilization at NOVA and George Mason University (2002-2013). In addition to his long-term association with LLI teaching a variety of courses, he teaches at ENCORE (Arlington County adult learning program).

Course 17F10A Osteoporosis — A Short Course about the Aging Skeleton (NOVA Faculty)
(2 Sessions)

Two anatomy and physiology professors will discuss osteoporosis. They will look at the normal development of bone, bone remodeling, the development of osteoporosis and why it is often associated with aging. They will take a look at

hormones, vitamins, minerals, etc., and discuss the pros and cons of different treatments.

Dates and Time: Tuesdays, November 14, 21; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 5, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leaders:

Professor CINDY MILLER is a human anatomist with a masters in anatomy and neurobiology from the Medical College of Virginia (now Virginia Commonwealth University). She has taught human anatomy and physiology for many years, and was herself diagnosed with osteoporosis.

Professor PETER JO earned a D.C. (chiropractic), M.S. (nutrition) and is a Ph.D. candidate at George Mason University's Department of Rehabilitation Science. He also teaches human anatomy and physiology at NOVA.

Tuesday Afternoons

Course 17F11P Great American Bestsellers: The Books that Shaped America (2 Sessions)

This is a continuation of The Great Courses lectures given by Professor Peter Conn of the University of Pennsylvania, which began in the fall of 2013. In this course, we will be viewing DVDs on these books and authors:

Week 1: *The Bay Psalm Book* (1640)
Common Sense (1776) by Thomas Paine

Week 2: *Ragged Dick* (1868) by Horatio Alger
The Virginian (1902) by Owen Wister

Dates and Time: Tuesdays, September 19, 26; 1:30 p.m. — 3:00 p.m.

Place: Little River United Church of Christ (Choir Room), Annandale

Course Size: Min. 15, Max. 40

LLI Coordinator: Lynne Smaldone (703) 525-9623 (H); smaldonega@hotmail.com

Leader:

LYNNE SMALDONE received a bachelor's degree from the State University at New Paltz, New York. She taught for four years at the elementary school level, and then worked as a programmer for IBM. Lynne is currently the coordinator for the LLI Favorite Books Club.

Course 17F12P Circle Dance Sampler (1 Session)

In Circle Dance, with its roots in traditional folk dance, we join hands and move to the rhythms of ancient melodies as well as modern tunes. This class will feature a variety of musical sources and styles. All steps are low-impact and easy to learn. No dance partner or experience is necessary.

Date and Time: Tuesday, October 17; 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center (Meeting Room), Annandale

Course Size: Min. 10, Max. 25

LLI Coordinator: Carol Jeffords (703) 978-6503 (H), (703) 507-3676 (C); caroljef@aol.com

Leader:

JUDY ROBISON has been circle dancing for more than 15 years and currently co-leads a group that meets twice a month at the Unitarian Universalist Church of Arlington. She has trained at the source with renowned teachers at Findhorn, Scotland, and her dance experience has taken her to workshops around the US, Mexico and Greece. In addition, she has led dance circles for health and wellness groups and for other senior learning programs. Judy is an LLI member.

Wednesday Mornings

Course 17F13A “Natural” Disasters in Modern American History (NOVA Faculty) (1 Session)

Many so-called “natural” disasters in American history were disasters only because people ignored clear evidence that their building choices or techniques made the location vulnerable to easily anticipated events that could destroy the original human effort. Some examples are the faulty dam above Johnstown, ignoring weather warnings during Katrina’s assault on New Orleans, and the U.S. Army’s use of dynamite to extinguish fires after the San Francisco earthquake. This course considers the significance of man-made disasters that arose after truly natural ones in modern American history.

Date and Time: Wednesday, September 20; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 15, Max. 60

LLI Coordinator: Pam Hill (703) 323-7309 (H); rogerh67@yahoo.com

Leader:

Dr. ROGER HILL retired from the Air Force in 1992 after 27 years of service, and used the GI Bill to earn a doctorate in history education. He has served as a part-time instructor at NOVA for the past decade. The current topic emerged from an LLI course Dr. Hill presented on the Johnstown Flood in the winter/spring program of 2016. Research on that flood prompted him to consider the impact of human-aided catastrophes compared with those in which humans played no role except as victims. Roger is also an LLI member.

Course 17F14A Smart Shopping In Today’s Financial Marketplace (1 Session)

According to Warren Buffett and other respected investors, effective financial decision-making is best made from a business perspective. Maintaining your business perspective focus, however, can be challenging in an environment where the marketers of financial products and services continually target your emotions. Just as when it comes to caring for your car or your home, it’s in your interest to have some basic knowledge of the other guy’s game. How can we, the coveted senior market, keep a business perspective while being bombarded with solicitations designed to seduce us with promises of health, wealth and security? By understanding and practicing a few simple concepts and calculations, we can achieve their goal. Join Lee Cutler, whose experiences in product marketing, financial services, and long-term caregiving provide the background for a session of nutshell analysis that will tune up your financial decision-making engine.

Date and Time: Wednesday, September 27; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew’s United Methodist Church (Room 304), Annandale
Course Size: Min. 10, Max. 40

LLI Coordinator: Scott Pinckney (703) 323-9361 (H), (703) 300-6277 (C); spinck3@aol.com

Leader:

LEE CUTLER is a 1975 graduate of Roanoke College. Her professional experience includes an extensive marketing background of packaged goods (Proctor & Gamble, Westport Labs) as well as work in financial services as a stockbroker with A.G. Edwards & Sons. Her personal history, pertinent to her volunteer teaching activity, is that she was a long-term caregiver/advocate. Lee brings an unusual and first-hand insight into the practical evaluation of services being marketed to seniors today. Her experience with being on “both sides of the desk” is somewhat unique. Much of the material Lee presents relates to her experience in managing through long-term illness, financial challenges and widowhood. Lee is a member of LLI.

Course 17F15A Understanding the Making of Final Arrangements (1 Session)

When a loved one passes away, making final arrangements can be a traumatic experience for surviving family members. Not knowing the wishes of the recently departed, or worse, conflicts with various family members can cause extreme anxiety.

Robert Gallagher, Assistant Manager, Fairfax Memorial Funeral Home, will talk about the steps that need to be taken when making final arrangements. He will address costs, options and choices that can ease the process. He will answer your questions and give guidance on how to go about ensuring your loved ones understand your wishes when making final arrangements at this most sensitive time.

Date and Time: Wednesday, October 11; 10:00 a.m. — 11:30 a.m.
Place: St. Matthew’s United Methodist Church (Room 304), Annandale
Course Size: Min. 15, Max. 30

LLI Coordinator: Bonnie Hopley (703) 978-9381 (H), (703) 508-6219 (C); bdhopley@gmail.com

Leader:

ROBERT GALLAGHER is the assistant manager at the Fairfax Memorial Funeral Home. He has many years of experience in the funeral industry and is president of the Virginia Funeral Directors Association.

Course 17F16A Next Level! Paint Along with Davi and Take Home Your Own Original I (1 Session)

Davi is “promoting” LLI NOVA participants by increasing the canvas from 8x10 to a larger 11x14! Class participants need no prior painting experience, as Davi D’Agostino will walk them through the process, step-by-step, to create their very own masterpiece! Participants will learn how to use acrylic paints, deal with composition, understand relationships between objects and perspective, and shade and highlight using paint. They will go home with their own signed originals — surprised at how well they can paint with this larger format. **Participants should bring an apron or old shirt to paint in. Acrylic paints, canvas, and brushes will be supplied. A \$10.00 materials fee (exact change please) will be collected at the beginning of class.**

NOTE: To attend this class you must have a confirmed registration. There are two classes being taught by Davi D'Agostino. You may register for one or the other, but *not* both.

Date and Time: Wednesday, October 11; 10:00 a.m. — 12:00 p.m.
(Note class time.)

Place: Spring Hill Club House, Lorton

Course Size: Min. 8, Max. 12

LLI Coordinator: Anna Dixon (703) 503-5468 (H), (703) 517-3556 (C);
njoy2day@aol.com

Leader:

DAVI M. D'AGOSTINO began drawing and painting as a child and returned to painting in her retirement years. She has sold several of her works and won several awards, showing her oil and acrylics paintings throughout Northern Virginia in juried and judged shows. She is a member of the Vienna Arts Society, the Art Guild of Clifton, and the Springfield Art Guild. Her paintings have been exhibited at the Vienna Arts Center and Gallery, Green Spring Gardens, and the Fairfax Art League's Galleries. Davi was the Art Guild of Clifton's June 2015 Featured Artist at the Clifton Wine Shop and Tasting Room. Visit her website at www.davifineartsgallery.com and Davi Fine Arts on Facebook.

Course 17F17A United States Economy: Present and Future (NOVA Faculty) (1 Session)

With the new president's first year in office nearing completion, what is the status of the U.S. economy under his leadership? What has been the impact of his economic policies and directions, and what does the future hold? Join economist John Min in examining the data relative to several aspects of the U.S. economy (e.g., employment/unemployment, wages, trade, deficit, GDP [gross domestic product], taxes and demographics).

Date and Time: Wednesday, October 18; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Dr. JOHN MIN is an assistant professor at NOVA-Alexandria. He earned a B.A. and an M.A. from George Washington University, and a Ph.D. from George Mason University.

Course 17F18A Crockpot Cooking I (1 Session)

Learn to simplify your life with satisfying and delicious slow cooker meals. In this presentation, Chef Cal discusses the hows and whys of slow cooking and the dos and don'ts of using a crockpot. He also provides an assortment of easy, yet delicious recipes to use in your crockpot at home. Don't be surprised if he has one or two crockpots going with something to sample!

NOTE: A \$4.00 fee will be collected in class (exact change please). This class is offered twice; please sign up for I or II, not both.

Date and Time: Wednesday, October 18; 10:00 a.m. — 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Course Size: Min. 10, Max. 30

LLI Coordinator: Bonnie Hople (703) 978-9381 (H), (703) 508-6219 (C); bdhople@gmail.com

Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and the Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served, LLC, a personal chef/catering operation.

Course 17F19A Crockpot Cooking II (1 Session)

Learn to simplify your life with satisfying and delicious slow cooker meals. In this presentation, Chef Cal discusses the hows and whys of slow cooking and the dos and don'ts of using a crockpot. He also provides an assortment of easy, yet delicious recipes to use in your crockpot at home. Don't be surprised if he has one or two crockpots going with something to sample!

NOTE: A \$4.00 fee will be collected in class (exact change please). This class is offered twice; please sign up for I or II, not both.

Date and Time: Wednesday, October 25; 10:00 a.m. — 11:30 a.m.

Place: St. Matthew's United Methodist Church (Room 304), Annandale

Course Size: Min. 10, Max. 30

LLI Coordinator: Bonnie Hople (703) 978-9381 (H), (703) 508-6219 (C); bdhople@gmail.com

Leader:

CALVIN KRAFT attended *L'Académie de Cuisine* and the Culinary Institute of America and has taught culinary classes. He worked in the corporate world of the travel and hospitality industry for 30 years. After retiring, he was the owner and executive chef of Dinner Is Served, LLC, a personal chef/catering operation.

Course 17F20A Next Level! Paint Along with Davi and Take Home Your Own Original II (1 Session)

Davi is "promoting" LLI NOVA participants by increasing the canvas from 8x10 to a larger 11x14! Class participants need no prior painting experience, as Davi D'Agostino will walk them through the process, step-by-step, to create their very own masterpiece! Participants will learn how to use acrylic paints, deal with composition, understand relationships between objects and perspective, and shade and highlight using paint. They will go home with their own signed originals — surprised at how well they can paint with this larger format. Participants should bring an apron or old shirt to paint in. Acrylic paints, canvas, and brushes will be supplied. A \$10.00 materials fee (exact change please) will be collected at the beginning of class.

NOTE: To attend this class you must have a confirmed registration. There are two classes being taught by Davi D'Agostino. You may register for one or the other, but not both.

Date and Time: Wednesday, November 8; 10:00 a.m. — 12:00 p.m.
(Note class time.)

Place: Spring Hill Club House, Lorton

Course Size: Min. 8, Max. 12

LLI Coordinator: Anna Dixon (703) 503-5468 (H), (703) 517-3556 (C);
njoy2day@aol.com

Leader:

DAVI M. D'AGOSTINO began drawing and painting as a child and returned to painting in her retirement years. She has sold several of her works and won several awards, showing her oil and acrylics paintings throughout Northern Virginia in juried and judged shows. She is a member of the Vienna Arts Society, the

Art Guild of Clifton, and the Springfield Art Guild. Her paintings have been exhibited at the Vienna Arts Center and Gallery, Green Spring Gardens, and the Fairfax Art League's Galleries. Davi was the Art Guild of Clifton's June 2015 Featured Artist at the Clifton Wine Shop and Tasting Room. Visit her website at www.davifineartsgallery.com and Davi Fine Arts on Facebook.

Wednesday Afternoons

Course 17F21P Tips for Selling Your Home From an "In the Trenches" Pro (1 Session)

A real estate broker with 42 years of experience in Northern Virginia will give you valuable insight into selling or buying real estate in 2017.

Date and Time: Wednesday, September 13; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 20, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com, or Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); gtrapp_26@msn.com

Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Course 17F22P The Rise and Fall of American Political Parties (3 Sessions)

Mugwumps, Whigs, Know-Nothings, Bull Moose, Federalists, anti-Federalists. What do these have in common? We heard about them years ago in school, but do we remember? Join us as attorney Marvin Wagner gives us insight into these political parties.

Dates and Time: Wednesdays, September 27, October 18, 25; 1:30 p.m. — 3:00 p.m.

Place: Greenspring Village (Hunters Crossing Conference Center), Springfield

Course Size: Min. 20, Max. Unlimited

LLI Coordinator: Doug Johnson (703) 628-3115 (C); llinovadoug@gmail.com

Leader:

MARVIN WAGNER is an attorney who received a Bachelor of Laws degree from Brooklyn Law School and a Master of Laws degree from Georgetown Law School. He is an instructor at various NOVA campuses and other institutions. His focus is on criminal, constitution, business and hospitality law.

Course 17F23P What is Happening in the Real Estate Market This Year? (1 Session)

This course will cover current market conditions and strategies for buying or selling real estate in Northern Virginia. Real estate is a *local business*. Learn what is going on in your backyard.

Date and Time: Wednesday, October 11; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 20, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com, or Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); gtrapp_26@msn.com

Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Course 17F24P Does Your Advanced Care Planning Do What You Want It To? (1 Session)

This class will help you recognize what each advanced care directive does and does not do. These directives are vital to carrying out one's end-of-life wishes. We will examine advanced care planning policy issues and documents, advanced directives, living wills, durable powers of attorney for health care, do not resuscitate or do not attempt to resuscitate orders, and physician orders for life sustaining treatment.

Date and Time: Wednesday, November 8; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 20, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com, or Gina Trapp (703) 522-7528 (H), (571) 345-5897 (C); gtrapp_26@msn.com

Leader:

LYNN HOOVER is a certified senior advisor (CSA), a senior real estate specialist (SRES), and an associate real estate broker with McEneaney Associates. She has spent over 40 years helping folks buy and sell real property. Assisting and counseling her many over-55 clients and exploring their options is a large part of Lynn's business and one she treasures with each relationship she and her clients build together.

Course 17F25P The Return of Stalin: A Survey in Historiography and Historical Memory (NOVA Faculty) (1 Session)

Stalin is one of the most infamous world leaders of the 20th century, rivaled only by Adolf Hitler. While for many historians it is common knowledge that Stalin was a brutal leader who used fear, torture, and violence to forge a Soviet Empire, a 2015 poll in Russia found that "over half of Russians have described their attitude toward Stalin and his methods of state management as positive." In this course, Professor Moore will attempt to get to the heart of how a man who was responsible for the death and misery of millions of Soviet citizens is being rehabilitated in Russia and looked at favorably today. The historiography of Stalin will be surveyed and charted as to how the views of historians have changed over time. In addition to historians, we will examine the shifting popular opinions on Stalin, and attempt to get to the core of how politics shapes how we view the past. In today's climate of troubled

politics between Russia and the United States it is important to examine how figures like Stalin are portrayed and to think critically about the legacy of Stalinism.

Date and Time: Wednesday, November 29; 1:30 p.m. — 3:00 p.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 10, Max. 20
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com
Leader:

Professor NATHAN MOORE graduated from NOVA in 2012 with a liberal arts degree and used the “guaranteed admissions” agreement to attend George Mason University where he earned a B.A. in history and an M.A. in European history. He currently teaches western civilization at NOVA-Annandale while attending American University where he is pursuing a Ph.D. in European history, studying British communism and the Soviet Union in the Interwar Period.

Thursday Mornings

Course 17F26A Paperwork: Keep, Shred or Toss I (1 Session)

This class will cover the basics of paperwork organization. Learn what to keep, and what and when to toss. Ideas for organizing include a discussion of keeping hard copies vs. digital copies.

NOTE: This course is offered twice (AM and PM) on this date. Please sign up for I or II, not both.

Date and Time: Thursday, October 5; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 25, Max. 60
LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com
Leader:

MARIA SPETALNIK, CEO and founder of Conquer the Clutter, is a certified professional organizer with over 25 years of experience. She also has degrees and certificates in economics and the mental health field, which enable her to help clients with health issues. Working with both adult and child protective services has given her added insight. Conquer the Clutter specializes in helping senior citizens in all types of organizing areas. Maria volunteers in her community with senior service advisors, social services and religious organizations.

Course 17F27A Maximizing Medicare and You (1 Session)

Learn about the four factors that can affect your retirement assets. You want to be sure that your medical expenses are covered and your health care costs are considered. You do not want your final expenses to be a burden to your family and you do want a maximum safe return on your assets. Expenses can be greater than you think. This class details typical risks, associated costs, and what Medicare will pay. With people living longer today, we need to understand why this is a bigger concern and what options are available.

Date and Time: Thursday, October 19; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 10, Max. 60
LLI Coordinator: Scott Pinckney (703) 323-9361 (H), (703) 300-6277 (C); spinck3@aol.com
Leader:

BRENNAN NELSON has been representing Bankers Life for over a decade. She is dedicated to educating employees and retirees about the ins and outs, pitfalls, and importance of planning for Medicare. Brennan has made presentations to various federal agencies and national societies and is an active member of national organizations affecting pre-retirees and retirees.

Course 17F28A A Visit to The National Archives (1 Session)

Join us for a docent-led tour of our “treasure chest” of historical material that defines the United States. The tour will focus on the Rotunda for the Charters of Freedom and the Public Vaults. The Rotunda houses the Declaration of Independence, the Constitution and the Bill of Rights. The Public Vaults showcase extensive exhibits that facilitate the understanding of what is in the Archives system and how one might use them. After the tour, you may visit on your own, the Lawrence O’Brien Gallery, the Boeing Learning Center, the David Rubenstein Gallery of Rights, and the William McGowan Theater. A cafe is available on the premises. (For more information, visit the Archives website at: [www/archives.gov/museum/visit](http://www.archives.gov/museum/visit))

NOTE: The National Archives are located on Constitution Avenue between 7th and 9th Streets, NW. Take Metro’s Yellow or Green Line to the Archives/Navy Memorial Station. The Archives/Navy Memorial stop is across Pennsylvania Avenue from the Archives building. The instructor will meet the group at 9:30 a.m. at the Special Events entrance under the east side (right-hand side) of the Constitution Ave. steps. The tour will be approximately 90 minutes in length.

Date and Time: Thursday, October 26; 9:30 a.m. — 11:30 a.m. (**Note class time.**)
Place: National Archives, Washington, DC
Course Size: Min. 10, Max. 20
LLI Coordinator: Doug Johnson (703) 628-3115 (C); llinovadoug@gmail.com
Leader:

DAVE HALL is a retired engineer/project manager who has been a docent at the National Archives since 1998, with shorter stints at the Supreme Court, and with the Capitol Guide Service. His special interest is in the founding era.

Course 17F29A Critical Decisions through Retirement Years (1 Session)

This class addresses both the lifestyle implications and the financial planning considerations for those in their 60s, 70s, and beyond. It covers not only life and financial plans, but also what is required at specific ages. This includes penalty-free withdrawals from retirement plans, required minimum distributions, Social Security, and Medicare. Lastly, it discusses the transition from accumulation to income.

Date and Time: Thursday, November 2; 10:00 a.m. — 11:30 a.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Scott Pinckney (703) 323-9361 (H), (703) 300-6277 (C); Spinck3@aol.com

Leaders:

KELLY CAMPBELL, founder and CEO of Campbell Wealth Management, is a Certified Financial Planner (CFP), a Chartered Financial Consultant (ChFC), a Chartered Mutual Fund Counselor (CMFC), and an Accredited Investment Fiduciary (AIF) with over 21 years of financial planning experience.

EVAN BEACH is a Certified Financial Planner (CFP). He holds an executive Certificate in Financial Planning from Georgetown University and is an Accredited Wealth Management Advisor (AWMA).

Thursday Afternoons

Course 17F30P Introduction to World Religions (NOVA Faculty) (3 Sessions)

This course will provide an introduction to the central beliefs and practices of several world religions, divided into the following sessions: 1) Judaism, 2) Jainism and Sikhism, and 3) New Religious Movements: Seventh-day Adventists, Jehovah's Witnesses, Scientology, and Wicca.

Dates and Time: Thursdays, September 14, 21, 28; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Dr. ANN STEGNER, B.A., M.A., and Ph.D. in religious studies. Ann has been teaching world religions courses for eight years.

Course 17F31P Paperwork: Keep, Shred or Toss II (1 Session)

This class will cover the basics of paperwork organization. Learn what to keep, and what and when to toss. Ideas for organizing include a discussion of keeping hard copies vs. digital copies.

NOTE: This course is offered twice (AM and PM) on this date. Please sign up for I or II, not both.

Date and Time: Thursday, October 5; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)

Course Size: Min. 25, Max. 60

LLI Coordinator: Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); nickie@yoursbydesign.com

Leader:

MARIA SPETALNIK, CEO and founder of Conquer the Clutter, is a certified professional organizer with over 25 years of experience. She also has degrees and certificates in economics and the mental health field, which enable her to help clients with health issues. Working with both adult and child protective services has given her added insight. Conquer the Clutter specializes in helping senior citizens in all types of organizing

areas. Maria volunteers in her community with senior service advisors, social services and religious organizations.

Course 17F32P In-Studio Visit with Gwen Bragg: "What I Paint — and Why" (1 Session)

We will begin with a brief 30-minute tour of the Workhouse Arts Center complex before meeting with nationally recognized artist Gwen Bragg. She will host participants in her Workhouse Arts Center studio where more than several hundred of her original paintings are displayed. She will discuss the thought processes applied when producing a painting. These include, but are not limited to, color, lighting, shape, design, composition, and perspective. Gwen will also exhibit and discuss the technical specifications associated with producing vignettes, miniatures, etc.

Date and Time: Thursday, November 9; 1:00 p.m. — 2:30 p.m. (**Note class time.**)

Place: Workhouse Arts Center (Studio 606B), Lorton

Course Size: Min. 10, Max. 20

LLI Coordinator: Anna Dixon (703) 503-5468 (H), (703) 517-3556 (C); njoi2day@aol.com

Leader:

GWEN BRAGG is an award winning watercolor artist and teacher. She holds a B.S. in art education and an M.F.A. in drawing and painting from James Madison University. Gwen is a decades-long instructor at both the Workhouse Arts Center in Lorton and the Torpedo Factory's Art League School in Old Town, Alexandria. Her recent solo shows included the National Institutes of Health in Bethesda and the U.S. Geological Society in Reston. Gwen is a signature member of the National Watercolor Society, the Baltimore Watercolor Society, the Watercolor Society of Alabama, and the Virginia Watercolor Society. She is president of the Virginia Watercolor Society and a past president of the Potomac Valley Watercolorist Society.

Course 17F33P Ireland's Great Famine (1 Session)

Let's turn back the calendar to a time of great trial and upheaval for the people of Ireland — 1845. We'll get a feel for the life and times of the Irish and how the potato entered their lives and became central. We'll explore the causes of the famine, including the newest scientific explanation. And finally, we'll talk about the Irish-American connection — disaster relief and immigration.

Date and Time: Thursday, November 16; 1:30 p.m. — 3:00 p.m.

Place: Spring Hill Club House, Lorton

Course Size: Min. 10, Max. 40

LLI Coordinator: Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); robisonja23@gmail.com

Leader:

BARBARA STIFFLER has researched and presented adult classes on ancient Celtic culture, spirituality and art in a variety of venues over the past three decades. This class was inspired by, and is dedicated to, an experience with Barbara's Irish-born, Irish history teacher. The research draws on a wide selection of books by recognized scholars including recent scholarship and scientific findings. The addition of a PowerPoint presentation to the class enhances its clarity and vividness.

Course 17F34P iPhones and iPads for Beginners
(1 Session)

Did you know your iPhone has a compass? Or that you can get walking, or public transportation directions, not just driving directions? That you can send an email or a text using only your voice? Your iPhone and iPad can also video chat with other iDevices (like iPhones, iPads, and even Apple computers). And what about that awesome digital camera, that's right in the device?! (Don't worry, we'll also cover how to answer a phone call and listen to your voicemail.) Join Kyla Lupo for this fun and interactive class where we unearth all the hidden treasures in your iPhone and iPad. Bring your questions, and your devices *fully charged*.

NOTE: *This class will focus exclusively on the latest version of iOS and iPhones and iPads. This is not a class on Android or Windows devices (like the Samsung Galaxy or Motorola Razr; the Amazon Fire or the Microsoft Surface).* If you have not updated your iPhone or iPad to the latest version of iOS, or if you aren't sure if you have, please contact Kyla Lupo at (571) 357-4022 prior to class so she can guide you through the steps.

Date and Time: Thursday, November 30; 1:30 p.m. — 3:00 p.m.
Place: Mason District Governmental Center (Main Community Room), Annandale
Course Size: Min. 10, Max. 30
LLI Coordinator: Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); patdaniels63@gmail.com
Leader:

KYLA LUPO has taught adults about the magic of technology for 10 years. As the CEE (Chief Executive of Everything) at Smart Again!, Kyla compassionately crafts classes and workshops for the technophobic, the impatient, and those who consider themselves lost causes. She also consults with small businesses to help them maximize technology to increase profits, and works with individual students or small groups in their homes on independent projects. In her spare time, Kyla trains as a triathlete and has completed eight triathlons of varying distance over the past two years.

Friday Mornings

Course 17F35A A New Look at Folk and Self-Taught Art
(1 Session)

Many of you are familiar with the Hampton Throne on display at the Smithsonian American Art Museum. Would you like to know more about the work and the artist? Recently, new galleries have opened that are devoted to Folk and Self-Taught Art. The items on view represent the "powerful vision of America's untrained and vernacular artists." Join us to learn about the items from that collection that draw upon traditions, such as quilts, and about artworks that reveal a more personal vision. The works that will be discussed are complex and highly personal, and you will leave the session with a new outlook on an integral part of the American art story.

Date and Time: Friday, October 6; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 15, Max. 60

LLI Coordinators: Phil and Barry Centini (703) 658-1545 (H), (703) 472-5269 (C); phil.centini@verizon.net

Leader:

SARA SHOOB has a background in teaching and educational administration with an emphasis in history, social studies and the arts. She currently enjoys her work as a docent at the Smithsonian American Art Museum and the Renwick Gallery. Sara has presented a number of other art-related courses for LLI and is also an LLI member.

Course 17F36A Cooking and Cuisine of the Middle Ages (NOVA Faculty)
(1 Session)

Dr. Ruma Salhi will discuss the gastronomy of foods and cuisines that were used most frequently in the Middle Ages from historical and social standpoints. Sample recipes from medieval France, Italy and Byzantium will be provided. Sorry — no food samples!

Date and Time: Friday, October 20; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com
Leader:

Dr. RUMA SALHI is an associate professor of history at NOVA-Annandale. She earned a B.A. from UCLA, and M.A. and Ph.D. degrees from the University of Chicago.

Course 17F37A From Lisbon to Lisbon: The Age of Portuguese Modernization (NOVA Faculty)
(1 Session)

This course will trace the development of modern Portugal from the catastrophic Lisbon earthquake of 1755 to the Lisbon Treaty of the European Union in 2007, emphasizing changes in regime but continuity of national identity. Topics include the modernizing absolutism of the Marquis of Pombal, the revolution and civil wars of 1820-50, the Salazar dictatorship, and the democratic and European transformations. Brazilian independence and the decolonization of Angola and Mozambique will also be discussed.

Date and Time: Friday, October 27; 10:00 a.m. — 11:30 a.m.
Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (**Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.**)
Course Size: Min. 10, Max. 60
LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com
Leader:

Dr. MARK R. ROYCE is author of *The Political Theology of European Integration: Comparing the Influence of Religious Histories on European Policies* (Palgrave Macmillan, 2017). He has taught at NOVA-Annandale and George Mason University.

Course 17F38A 2017 Election Analysis and Aftermath (NOVA Faculty)
(1 Session)

On November 7, 2017, the citizens of the Commonwealth of Virginia will elect a new governor. General Assembly elections will also take place. Two members of NOVA's political science faculty will analyze the election results and explore future

political dynamics between the governor and the legislature. Do these election results have any implications for the 2018 mid-term elections on the state and national levels?

Date and Time: Friday, November 17; 11:00 a.m. — 12:30 p.m. (Note class time.)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leaders:

Dr. JACK LEHELT, B.A., Kean University; M.A., Rutgers University; Ph.D., University of South Carolina. Dr. Lechelt is an assistant professor of political science at NOVA-Alexandria.

Dr. JENNIFER SAYASITHSENA, B.A., Georgetown University; M.A., University of Southern California; Ph.D., George Washington University. Dr. Sayasithsena is an assistant professor of political science at NOVA-Annandale.

Course 17F39A U.S. Prison Industrial Complex: 1990 — Present (NOVA Faculty) (1 Session)

Professor of Economics Michael Heslop will make a critical examination of the rapid emergence of a prison-industrial complex in America. The U.S. private prison industry was established in the 1980s and became more widely used in the 1990s as a result of a rapid growth in prison populations and increased prison spending. Private prisons were seen as an efficient and cost-effective solution. We will discuss the economic, political and social impact of this approach, including such issues as the demographics of the prison population and the effectiveness of prisons in a global economy.

Date and Time: Friday, December 15; 10:30 a.m. — 12:00 p.m. (Note class time.)

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Professor MICHAEL HESLOP is an associate professor of economics at NOVA-Annandale. He holds M.S. degrees from Iowa State University and the University of the West Indies. His most recent presentation to LLI was "Lifting the U.S. Trade Embargo on Cuba: Opportunities and Costs."

Friday Afternoons

Course 17F40P The American Empire: Administration of the First Nations in the USA (NOVA Faculty) (1 Session)

This course will look at the history of the modern regime of the Bureau of Indian Affairs and the development of modern Indian governance for several major tribes throughout the United States.

Date and Time: Friday, September 15; 1:30 p.m. — 3:00 p.m.

Place: Ernst Cultural Center (CE) (Seminar Rooms), NOVA Annandale Campus (Note: Classroom location subject to change; however, report to Seminar Rooms unless notified otherwise.)

Course Size: Min. 10, Max. 60

LLI Coordinator: Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); lorin.goodrich@outlook.com

Leader:

Professor ALBERT THOMPSON is a military and conflict historian with particular interests in medieval Europe, the American South, the British Empire and the Middle East. He holds a B.A. from Oral Roberts University and an M.A. from Norwich University. Albert is a Fellow of the Royal Society for Encouragement of the Arts, Manufactures and Commerce, and an amateur photographer. He is currently a Ph.D. student at Howard University in Washington, DC.

Course 17F41P Poetry and You (4 Sessions)

Join us for one of LLI's long-time favorite courses and learn that poetry can enrich your life. We share poems — contemporary or classic — illustrating a theme, form or school, or we may read and discuss one poet and his/her work.

Dates and Time: Fridays, October 6, 13, 20, 27; 1:30 p.m. — 3:30 p.m. (Note class time)

Place: Little River United Church of Christ (Room 8), Annandale

Course Size: Min. 10, Max. 30

LLI Coordinator: Marianne Moerman (703) 751-0523 (H); marianne.c.moerman@gmail.com

Leader:

RICHARD RISK, B.S., University of Missouri. Richard is retired from the Environmental Protection Agency and is a founding member of LLI.

Various Days

Course 17F42P Bread and Circuses (National Park Service) (4 Sessions)

Ask and ye shall receive! Join National Park Service rangers for an interesting ride through history! A grab bag of requested classes is here for the taking. The founding of our nation and an early American literary genius are center stage in this brace of four lectures. The storied life of **George Mason**, the history of **Independence Hall**, the final resting places of the **56 Signers of the Declaration of Independence**, and the bizarre story of **Edgar Allan Poe** (not necessarily in that order) will be offered!

Dates and Time: Wednesdays, October 25 and November 1; Fridays, October 27 and November 3; 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center (Large Conference Room), Annandale

Course Size: Min. 25, Max. 90

LLI Coordinator: Rick and/or Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); patdaniels63@gmail.com

Leaders:

BETHANY BAGENT began her National Park Service career at the Jefferson National Expansions Memorial where she spent two summers as a seasonal. In March 1999, she joined the staff at the National Mall and Memorial Parks. Bethany is currently involved in various projects ranging from event planning to education programs.

September 2017

LLI Fall Program 2017

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

					1	2
3	4	5	6 LLI Forum & Open House	7	8	9
10	11	12	13 I7F21P—Tips for Selling Your Home	14 I7F30P—World Religions	15 I7F40P—American Empire	16
17	18 I7F01A—Understanding Opera, Part I	19 I7F11P—Great American Bestsellers	20 I7F13A—“Natural” Disasters in American History	21 I7F30P—World Religions	22	23
24	25 I7F01A—Understanding Opera, Part I I7F04P—Secrets of DNA	26 I7F05A—Love It or Leave It? I7F11P—Great American Bestsellers	27 I7F14A—Today’s Financial Marketplace I7F22P—Am. Political Parties	28 I7F30P—World Religions	29	30

Remove this calendar to use as a handy reference.

October

2017

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

1	2 I7F01A—Understanding Opera, Part I	3 I7F06A—The Supreme Court	4 LLI Forum & Open House	5 I7F26A—Paperwork: Keep, Shred, or Toss I I7F31P—Paperwork: Keep, Shred, or Toss II	6 I7F35A—Folk & Self-Taught Art I7F41P—Poetry and You	7
8	9	10	11 I7F15A—Final Arrangements I7F16A—Next Level! Paint Along with Davi I I7F23P—What Is Happening/Real Estate Market?	12 I7F07A—The Oceans	13 I7F41P—Poetry and You	14
15	16 I7F04P—Secrets of DNA	17 I7F08A—Fall Tour at Meadowlark Gardens I7F09A—Life and Work in the Foreign Service I7F12P—Circle Dance Sampler	18 I7F17A—U.S. Economy I7F18A—Crockpot Cooking I I7F22P—Am. Political Parties	19 I7F27A—Maximizing Medicare	20 I7F36A—Cooking/Cuisine – Middle Ages I7F41P—Poetry and You	21
22	23	24 I7F09A—Life and Work in the Foreign Service	25 I7F19A—Crockpot Cooking II I7F22P—Am. Political Parties I7F42P—Bread and Circuses	26 I7F28A—National Archives	27 I7F37A—Lisbon to Lisbon I7F41P—Poetry and You I7F42P—Bread and Circuses	28
29	30	31 I7F09A—Life and Work in the Foreign Service				

Remove this calendar to use as a handy reference.

November

2017

LLI Fall Program 2017

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

			1 LLI Forum & Open House 17F42P—Bread and Circuses	2 17F29A—Critical Retirement Decisions	3 17F42P—Bread and Circuses 17F43P—Poetry Writing	4
5	6 17F02A—Birding the Ocean 17F04P—Secrets of DNA	7 17F09A—Life and Work in the Foreign Service	8 17F20A—Next Level! Paint Along with Davi II 17F24P—Advanced Care Planning	9 17F32P—In-Studio Visit w/ Gwen Bragg 17F43P—Poetry Writing	10	11
12	13 17F03A—Classic & New 7 Wonders of the World	14 17F10A—Osteoporosis	15	16 17F33P—Ireland's Great Famine	17 17F38A—2017 Election Analysis/Aftermath 17F43P—Poetry Writing	18
19	20	21 17F10A—Osteoporosis	22	23	24	25
26	27	28 17F44P—iPhotography	29 17F25P—Return of Stalin	30 17F34P—iPhones/iPads for Beginners		

Remove this calendar to use as a handy reference.

December

2017

LLI Fall Program 2017

Sun. Mon. Tues. Wed. Thurs. Fri. Sat.

					1 LLI Holiday Party	2
3	4 17F44P—iPhoneography	5	6	7	8	9
10	11	12 17F44P—iPhoneography	13	14	15 17F39A—US Prison Industrial Complex	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

Remove this calendar to use as a handy reference.

HEIDI DIETZE is a Minnesota native who spent much of her childhood traveling through several Midwest states, visiting sites from the Santa Fe Trail to the Corn Palace. From this random trundling, she developed an interest in history that led to an undergraduate degree in Holocaust Studies and a graduate degree in Film History. Ranger Dietze came to National Mall and Memorial Parks as a park ranger in 2002 following two years at the United States Holocaust Memorial Museum.

JENNIFER EPSTEIN, Education Specialist for National Mall and Memorial Parks in Washington, DC, is a graduate of Gettysburg College. She demonstrated her historical and educational background through work in education and at several National Park Service sites such as Gettysburg National Military Park, Adams National Historical Park, Mount Rushmore National Memorial, and Jamestown National Historic Site.

JERRY HAWN, B.A. in history, Wake Forest University, M.A. in public administration, University of North Carolina, Charlotte. Jerry began work as a park ranger with the National Park Service in 1992. He has worked at Guilford Courthouse National Military Park (Greensboro, NC), Independence National Historical Park (Philadelphia, PA), Carl Sandburg Home National Historic Site (Flat Rock, NC), and Jefferson National Expansion Memorial (the Gateway Arch in St. Louis, MO). Since June 1998, Jerry has been working with the National Mall and Memorial Parks in the Division of Interpretation and Education, where he serves as the Mall's VIP tour coordinator.

Course 17F43P Poetry Writing — Let's Make it Happen (3 Sessions)

Join us to discover or revisit the poet within! From the beatific to the bawdy, we will write, share, and cheer each other on.

Dates and Time: Fridays, November 3, 17; Thursday, November 9; 1:30 p.m. — 3:00 p.m.

Place: Little River United Church of Christ (Room 8), Annandale

Course Size: Min. 8, Max. 20

LLI Coordinator: Marianne Moerman (703) 751-0523 (H); marianne.c.moerman@gmail.com

Leaders:

ED SADTLER has been reading and writing poetry for many years. He is a long-time member of LLI and attendee of Richard Risk's Poetry and You classes and of the Poetry Workshop at George Mason University's Osher Lifelong Learning Institute (OLLI). He also is the co-leader of the OLLI Writer's Workshop.

CAROLYN WYATT is a retired federal information officer who traveled widely in that position. She has an M.A. in Spanish from Indiana University, writes "haunting and often humorous" poetry, and has co-taught classes at both LLI and OLLI with Ed Sadtler.

Course 17F44P iPhoneography (How to Use Your iPhone to Take Great Photos!) (3 Sessions)

"The best camera is the one you have with you."
(Chase Jarvis)

Did you know that your iPhone most likely has a better camera in it than the first digital camera you bought five years ago? It also has great native software to edit those photos. In this class we will learn how to take a great photo, how to edit it on our phones, and how to share those photos with friends and family. Do you want to print those photos? We'll cover that too! This course meets for three sessions. Each of the three sessions builds on the one before it. If you cannot make it to the first session, know that you will be behind.

NOTE: *This class will focus exclusively on the most recent iOS and iPhones and iPads. This is not a class on Android or Windows devices (like the Samsung Galaxy or Motorola Razr; the Amazon Fire or the Microsoft Surface).* If you have not updated your iPhone or iPad to the latest version of iOS, please contact Kyla Lupo prior to class at (571) 357-4022 so she can guide you through the steps, though if you don't want to update, that's fine. Some camera and editing options will not be available. Please bring your iPhone *fully* charged.

Dates and Time: Tuesday, November 28 (Main Community Room); Monday, December 4 (Large Conference Room); Tuesday, December 12 (Main Community Room); 1:30 p.m. — 3:00 p.m.

Place: Mason District Governmental Center, Annandale

Course Size: Min. 10, Max. 30

LLI Coordinator: Pat Daniels (703) 354-3792 (H), (703) 517-9725 (C); patdaniels63@gmail.com

Leader:

KYLA LUPO has taught adults about the magic of technology for 10 years. As the CEE (Chief Executive of Everything) at Smart Again!, Kyla compassionately crafts classes and workshops for the technophobic, the impatient, and those who consider themselves lost causes. She also consults with small businesses to help them maximize technology to increase profits, and works with individual students or small groups in their homes on independent projects. In her spare time, Kyla trains as a triathlete and has completed eight triathlons of varying distance over the past two years.

While the activities of LLI Special Interest Groups (SIGs) are first and foremost for the benefit of LLI members, the Board recognizes that there may be occasions when non-members may be invited to participate. The Board supports the SIG coordinator's flexibility to invite non-LLI members to participate in an activity whenever the objectives of the SIG would be enhanced by non-member participation.

Special Interest Groups

BRIDGE GROUP



The LLI Bridge Group meets twice monthly to play social, i.e., not duplicate, bridge. We are always looking for new players, and all levels of players are welcome in this very friendly game. You do not need a partner because we rotate partners, so you will play with everyone. If there are "extra" players, bridge play is rotated among all present. Please feel free to bring a brown bag lunch. Specific play dates are published in the Newsletter. Please contact the coordinators before you attend so that we can confirm the play date and ensure that we have sufficient card tables for attendees.

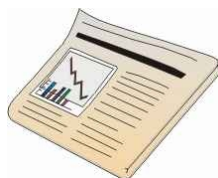
Dates & Time: Usually the second and fourth Wednesdays of each month. **Please note different days for the Fall 2017 schedule as follows.** September 13 and 27 (Wednesdays); October 11 (Wednesday) and 26 (Thursday); November 2 and 16 (Thursdays); December 7 and 14 (Thursdays). All meeting times are 10:30 a.m.—2:30 p.m.

Occasionally, scheduling conflicts require that we play on a different day, so please always call ahead to ensure the date is correct.

Place: Mason District Governmental Center, Annandale

Coordinators: Bob and Merry Huley (703) 534-4819 or roberthuley@cox.net.

CURRENT EVENTS GROUP



Given the excitement and fluidity of changes in current political and worldly events, the Current Events Group will meet the first Friday of each month for continued interesting and educational discussions. Topics reflect the current events surrounding the time of the meeting. We welcome all to share your ideas and/or learn more about current events — whatever is your pleasure.

Dates & Time: First Friday of each month; 10:00 a.m. — 11:30 a.m., September 1, October 6, November 3, December 1.

Place: Mason District Governmental Center (Small Conference Room), Annandale

Contact Information: LLI members can receive reminder notices by contacting Merry Macke (703) 852-5133, or merry.macke@gmail.com.

FAVORITE BOOKS CLUB



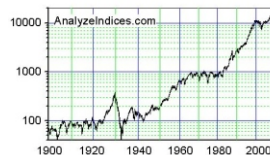
The Favorite Books Club meets monthly to discuss books the group has identified for review. The members select from a variety of genres, e.g., fiction, non-fiction, historical, contemporary, best sellers, classics, etc. We try to select only books available in paperback. Information on each selected book is published in the monthly LLI Newsletter prior to discussion.

Dates & Time: Third Thursday of each month; 11:30 a.m.—1:00 p.m., September 21, October 19, November 16. **No meeting in December.**

Place: Braddock District Government Center (Kings Park Library, Braddock Hall), Burke

Coordinator: Lynne Smaldone (703) 525-9623 or smaldonega@hotmail.com.

FINANCIAL DISCUSSION GROUP



Would you like to join a lively group of LLI members who talk about the fascinating and frustrating world of finance and investments? Whether you are a neophyte looking for some answers or Warren Buffet's "secret advisor," we think you will find us enjoyable and informative.

Dates & Time: Second Friday of each month; 1:30 p.m. — 3:00 p.m., September 8, October 13, November 9 (Thursday). (Please note: November 9 meeting is on a Thursday due to Veterans Day holiday.) **No meeting in December.**

Place: Braddock District Government Center (Kings Park Library, Braddock Hall), Burke

Coordinator: Doug Johnson (703) 628-3115 or llinovadoug@gmail.com.

FRENCH CONVERSATIONALISTS



Under the expert guidance of Al Brothers, we will continue to strive to improve our French language skills. We are currently working our way through the well-known language series, *French in Action*.

Dates & Time: First & third Tuesdays of each month; 10:00 a.m.—12:00 p.m., September 5 and 19, October 3 and 17, November 7 and 21, December 5 and 19.

Place: Goodwin House (Top of the West), Falls Church

Coordinators: Patty and Richard Steelman (703) 504-6866 or richardsteelman@hotmail.com; pattysteelman@gmail.com.

GOURMAND GROUP



The Gourmand Group meets monthly. If you have ever been curious about what our group does, please join us at one of our monthly outings which can run the gamut from a wine pairing lunch, a weekend brunch, ethnic cuisine explorations, an afternoon tea or just good food. We encourage members to think outside the box since none of us has the corner on food opportunities in the Washington area. Each month a member volunteers to plan and manage the event. The Gourmand Group has been very active through the years and we think you'll find it a lot of

fun. Contact Patti Volz at (703) 892-6124 or pattivolz@verizon.net, or Nancy Kobilarcik at (703) 751-4838 or ekoby3918@aol.com for further information.

PHOTOGRAPHY GROUP



LLI members have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Meetings of this SIG will focus on a specific topic or area of interest decided by the group. Topics to date have included "Sorting and Filing Your Digital Pictures" and

"Understanding Exposure." New members are always welcome.

Dates & Time: Third Friday of each month; 10:00 a.m.—12:00 p.m., September 15, October 20, November 17, December 15.

Place: Braddock District Government Center (Kings Park Library, Braddock Hall), Burke

Coordinator: Buck Myers (703) 532-3726 or hbm@hbmphoto.com.

WALKABOUTS



Weather permitting, the Walkabouts Group meets twice each month, usually on the 2nd and 4th Fridays, for an outdoor walk for fun and health. Each walk begins at noon and lasts about one hour. Dates and locations for scheduled walks are listed in the LLI Newsletter and on the LLI web site. Notifications of any changes or special details not included in the published schedule are coordinated through Merry Macke. She can be reached at (703) 987-7751 or by

e-mail at merry.macke@gmail.com. Members may sign up to receive notifications by contacting the coordinator.

Please register as soon as possible, but not later than Friday, August 11, 2017.

Directions to Class Locations — Fall 2017

Greenspring Village, Spring Village Drive, Springfield.

Directions from NOVA

Go east on Little River Turnpike about 2.5 miles. Turn right onto Backlick Road/VA-617. Go 4.3 miles to the Franconia/Springfield Parkway/Rt. 289 (old Rt. 7900). Merge onto Parkway and take the first right onto Spring Village Drive. Proceed straight to the Greenspring entrance.

At the guard house, provide your name and tell the guard you are attending an LLI class. The guard will have you on a list and will give you a visitor pass. If you need directions to Village Square, the guard can provide them. As you proceed down the hill to Village Square, Parking Lot K will be on your left. **Ignore the “Residents Only” sign.** You may park in any space that does not have a red stripe. You may also park in any green space in Parking Lots I and J. The Theater and the Accotink Room are one level below the lobby.

Little River United Church of Christ, 8410 Little River Turnpike, Annandale.

Directions from the Beltway

Go west on Little River Turnpike (Route 236) to the second traffic light (you will see the NOVA campus on the left). Turn right at the light and follow the road to the church parking lot.

Directions from Wakefield Chapel Road

Turn right onto Little River Turnpike (Route 236) and get into the left lane. Turn left at the first traffic light and follow the road to the church parking lot.

Mason District Governmental Center, 6507 Columbia Pike, Annandale.

Directions from the Beltway

Go east on Little River Turnpike (Route 236). Turn left onto John Marr Drive (next light after passing Giant Food on the left). Turn right at the next light, which is Columbia Pike. Go through several traffic lights. Following the traffic light at the intersection with Whispering Lane, there is a sign in the median reading “Fairfax County Police Station.” Proceed a short distance and turn right into the parking lot of the Center.

Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna.

Directions from the Beltway

Proceeding on the Beltway toward Baltimore (and the American Legion Bridge), exit onto Route 123 South (Dolley Madison Boulevard) and proceed through two traffic signals (past Tysons Corner Center on your left and Tysons II Galleria on your right) to the intersection with Gallows Road (the third traffic signal). Turn right onto Gallows Road, moving immediately into the left turn lane. The next intersection is with Old Courthouse Road (and another traffic signal). Turn left onto Old Courthouse Road and proceed until it intersects with Beulah Road on your left. Proceed straight through this intersection (you may notice that the road’s name changed from Old Courthouse to

Beulah even though you kept straight ... only in Virginia!). Proceed on Beulah Road until you reach Meadowlark Gardens (and Meadowlark Gardens Court) on your left. Turn into the Court and you will find parking on your left.

NOVA Campus Buildings

(Refer to campus map on p. 4.)

Parking for all Campus Classes and Activities: **USE THE PAY PARKING GARAGE NEXT TO THE CULTURAL CENTER. THERE IS A \$2.00 PER HOUR CHARGE TO PARK IN THE GARAGE.**

Ernst Community Cultural Center (CE), also called the NOVA Cultural Center, Annandale Campus. The Forum is the large open space (with fireplace) on the mezzanine level. Seminar rooms are on the mezzanine level adjacent to the Forum.

Spring Hill Club House, 8946 Yellow Daisy Place, Lorton.

Directions from I-395 South (I-395 becomes I-95 south of the Beltway)

Take I-395 South to I-95 South and then take Exit 163 for Lorton. Turn right onto Lorton Road. At the very next traffic light (just a few feet ahead) turn right onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn left onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet).

* At this point, there is a gate. Enter through the gate. Go to the second street. Turn right. Go one block to the Club House, just past the stop sign. (In case you are late, you might have to knock on the door or go around the back to knock on a door.) **PLEASE NOTE THAT THE GATE TO THE CLUB HOUSE WILL NOT BE OPEN UNTIL 1/2 HOUR BEFORE THE BEGINNING OF CLASS AND WILL REMAIN OPEN FOR ONLY ONE HOUR. PLEASE PLAN ACCORDINGLY.**

Directions from the Fairfax County Parkway (old Route 7100 — new Route 286)

Take the Hooes Road south exit. After approximately 1.3 miles, turn left at the second traffic light onto Silverbrook Road. Continue on Silverbrook to the next traffic light and turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at * above.

Directions from Route 123

From Route 123 heading south, go to Silverbrook Road and turn left onto Silverbrook. Continue on Silverbrook to the second light. Turn right onto Laurel Crest Drive. Turn left onto Mountain Larkspur Drive (about 500 feet). Continue at * above.

St. Matthew’s United Methodist Church, 8617 Little River Turnpike, Annandale.

Directions from the Beltway

Drive west on Little River Turnpike (Route 236). Pass the NOVA campus and Wakefield Chapel Road (second and third traffic lights). Take the next left (which does not have a traffic light) onto

Wakefield Drive; immediately turn right and then left into the church parking lot.

Directions from Braddock Road going East

Turn left onto Wakefield Chapel Road. Continue for approximately 1.3 miles (passing NOVA on the right) and turn left onto Virginia Avenue. At the stop sign turn right onto Wakefield Drive and then turn left into the church parking lot.

Classroom: Enter the classroom on the far left-hand side of the building through a basement door. However, if this side basement door is not yet open, enter the church through the main doors in the center. Follow the signs to the main church office. Right before the office is a stairwell on your left. You need to open the door to see the stairwell. Walk down one level and the classroom is a few feet from the foot of the stairs.

Workhouse Arts Center, 9601 Ox Road, Lorton, VA.

Take I-395 South/I-95 South to Exit 160, VA Route 123 North, toward Occoquan/Lake Ridge. Drive approximately 2 miles on Route 123. The Workhouse Arts Center, on your right, is before the intersection of Route 123/Ox Road and Lorton Road. Follow the signs to Building W-16, Main Gallery. It is the only 2-story building in the complex. Building 6 is right next to Building W-16; the course is in Building 6, Room 606-B. There is a parking lot behind Building 6. You can enter the building from the quad — under the arches.

LLI Course Registration Form – Fall 2017

*****Please use one form per person*****

Name: _____ Telephone: _____

Email: _____

Return Form to:

Date: _____

LLI/NOVA
 Godwin Building (CG), Room 202
 8333 Little River Turnpike
 Annandale, VA 22003-3743

In the form's priority column, please number your class choices in **priority sequence**, e.g., 1=1st choice, 2=2nd choice, 3=3rd choice, etc. **Do not repeat a priority number.**

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	17F01A	Understanding Opera, Part I		9/18, 25, 10/2	
	17F02A	Pelagic Trips & Seabirds: Birding the Ocean		11/6	
	17F03A	The Classic & New 7 Wonders of the World		11/13	
	17F04P	The Secrets of DNA (NOVA Faculty)		9/25, 10/16, 11/6	
	17F05A	Love It or Leave It? Modifying Your Home for Safe Living		9/26	
	17F06A	The Supreme Court		10/3	
	17F07A	The Oceans: Past, Present and Future		10/12	
	17F08A	Fall Tour at Meadowlark Gardens		10/17	
	17F09A	Life and Work in the Foreign Service		10/17, 24, 31, 11/7	
	17F10A	Osteoporosis — A Short Course About the Aging Skeleton (NOVA Faculty)		11/14, 21	
	17F11P	Great American Bestsellers		9/19, 26	
	17F12P	Circle Dance Sampler		10/17	
	17F13A	“Natural” Disasters in Modern American History (NOVA Faculty)		9/20	
	17F14A	Smart Shopping in Today's Financial Marketplace		9/27	
	17F15A	Understanding the Making of Final Arrangements		10/11	
	17F16A	Next Level! Paint Along with Davi I	\$10	10/11	
	17F17A	US Economy: Present and Future (NOVA Faculty)		10/18	
	17F18A	Crockpot Cooking I	\$4	10/18	

continued on next page

To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).

Reminders:

1. Have you listed all your class choices by your priority sequence?
2. Have you enclosed separate checks, payable as stated in the catalogue's class description, for any class with a required fee?
3. Have you enclosed a stamped, self-addressed envelope (preferably business size)?

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	17F19A	Crockpot Cooking II	\$4	10/25	
	17F20A	Next Level! Paint Along with Davi II	\$10	11/8	
	17F21P	Tips for Selling Your Home from an “In the Trenches” Pro		9/13	
	17F22P	The Rise and Fall of American Political Parties		9/27, 10/18, 25	
	17F23P	What is Happening/Real Estate Market?		10/11	
	17F24P	Does Your Advanced Care Planning Do What You Want It To?		11/8	
	17F25P	The Return of Stalin (NOVA Faculty)		11/29	
	17F26A	Paperwork: Keep, Shred or Toss I		10/5	
	17F27A	Maximizing Medicare and You		10/19	
	17F28A	A Visit to The National Archives		10/26	
	17F29A	Critical Decisions through Retirement Years		11/2	
	17F30P	Introduction to World Religions (NOVA Faculty)		9/14, 21, 28	
	17F31P	Paperwork: Keep, Shred or Toss II		10/5	
	17F32P	In-Studio Visit with Gwen Bragg		11/9	
	17F33P	Ireland’s Great Famine		11/16	
	17F34P	iPhones and iPads for Beginners		11/30	
	17F35A	A New Look at Folk and Self-Taught Art		10/6	
	17F36A	Cooking/Cuisine-Middle Ages (NOVA Faculty)		10/20	
	17F37A	From Lisbon to Lisbon (NOVA Faculty)		10/27	
	17F38A	2017 Election Analysis/Aftermath (NOVA Faculty)		11/17	
	17F39A	US Prison Industrial Complex (NOVA Faculty)		12/15	
	17F40P	The American Empire/First Nations in the USA (NOVA Faculty)		9/15	
	17F41P	Poetry and You		10/6, 13, 20, 27	
	17F42P	Bread and Circuses (National Park Service)		10/25, 27, 11/1, 3	
	17F43P	Poetry Writing---Let’s Make it Happen		11/3, 9, 17	
	17F44P	iPhoneography (How to Use Your iPhone to Take Great Photos!)		11/28, 12/4, 12	

To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).

Reminders:

1. Have you listed all your class choices by your priority sequence?
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LLI Course Registration Form – Fall 2017

*****Please use one form per person*****

Name: _____ Telephone: _____

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Date: _____

Return Form to:

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Godwin Building (CG), Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743

In the form's priority column, please number your class choices in **priority sequence**, e.g., 1=1st choice, 2=2nd choice, 3=3rd choice, etc. **Do not repeat a priority number.**

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only <i>Action/ Comments</i>
	17F01A	Understanding Opera, Part I		9/18, 25, 10/2	
	17F02A	Pelagic Trips & Seabirds: Birding the Ocean		11/6	
	17F03A	The Classic & New 7 Wonders of the World		11/13	
	17F04P	The Secrets of DNA (NOVA Faculty)		9/25, 10/16, 11/6	
	17F05A	Love It or Leave It? Modifying Your Home for Safe Living		9/26	
	17F06A	The Supreme Court		10/3	
	17F07A	The Oceans: Past, Present and Future		10/12	
	17F08A	Fall Tour at Meadowlark Gardens		10/17	
	17F09A	Life and Work in the Foreign Service		10/17, 24, 31, 11/7	
	17F10A	Osteoporosis — A Short Course About the Aging Skeleton (NOVA Faculty)		11/14, 21	
	17F11P	Great American Bestsellers		9/19, 26	
	17F12P	Circle Dance Sampler		10/17	
	17F13A	“Natural” Disasters in Modern American History (NOVA Faculty)		9/20	
	17F14A	Smart Shopping in Today's Financial Marketplace		9/27	
	17F15A	Understanding the Making of Final Arrangements		10/11	
	17F16A	Next Level! Paint Along with Davi I	\$10	10/11	
	17F17A	US Economy: Present and Future (NOVA Faculty)		10/18	
	17F18A	Crockpot Cooking I	\$4	10/18	
<i>continued on next page</i>					

To be completed by LLI Office. A = registration accepted; C = course canceled; W = wait listed (you will be notified if space becomes available).

Reminders:

1. Have you listed all your class choices by your priority sequence?
2. Have you enclosed separate checks, payable as stated in the catalogue's class description, for any class with a required fee?
3. Have you enclosed a stamped, self-addressed envelope (preferably business size)?

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	17F19A	Crockpot Cooking II	\$4	10/25	
	17F20A	Next Level! Paint Along with Davi II	\$10	11/8	
	17F21P	Tips for Selling Your Home from an “In the Trenches” Pro		9/13	
	17F22P	The Rise and Fall of American Political Parties		9/27, 10/18, 25	
	17F23P	What is Happening/Real Estate Market?		10/11	
	17F24P	Does Your Advanced Care Planning Do What You Want It To?		11/8	
	17F25P	The Return of Stalin (NOVA Faculty)		11/29	
	17F26A	Paperwork: Keep, Shred or Toss I		10/5	
	17F27A	Maximizing Medicare and You		10/19	
	17F28A	A Visit to The National Archives		10/26	
	17F29A	Critical Decisions through Retirement Years		11/2	
	17F30P	Introduction to World Religions (NOVA Faculty)		9/14, 21, 28	
	17F31P	Paperwork: Keep, Shred or Toss II		10/5	
	17F32P	In-Studio Visit with Gwen Bragg		11/9	
	17F33P	Ireland’s Great Famine		11/16	
	17F34P	iPhones and iPads for Beginners		11/30	
	17F35A	A New Look at Folk and Self-Taught Art		10/6	
	17F36A	Cooking/Cuisine-Middle Ages (NOVA Faculty)		10/20	
	17F37A	From Lisbon to Lisbon (NOVA Faculty)		10/27	
	17F38A	2017 Election Analysis/Aftermath (NOVA Faculty)		11/17	
	17F39A	US Prison Industrial Complex (NOVA Faculty)		12/15	
	17F40P	The American Empire/First Nations in the USA (NOVA Faculty)		9/15	
	17F41P	Poetry and You		10/6, 13, 20, 27	
	17F42P	Bread and Circuses (National Park Service)		10/25, 27, 11/1, 3	
	17F43P	Poetry Writing---Let’s Make it Happen		11/3, 9, 17	
	17F44P	iPhoneography (How to Use Your iPhone to Take Great Photos!)		11/28, 12/4, 12	

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LLI / NOVA Membership Form

Phone: (703) 503-0600

E-Mail: llinova.admn@gmail.com

Title: Mr., Mrs., Ms., Dr., Other _____ (circle one)

Name _____

Address _____

City _____ State _____ ZIP _____ - _____

Phone Number(s): Home () _____ Other () _____

E-Mail Address _____

Please indicate if any information above differs from latest LLI Directory.

Where did you hear about LLI? _____

Briefly tell us about your career, expertise, or skills _____

Fee: \$110 per year for individual membership. Checks should be made payable to **LLI/NOVA**.

Send to: LLI / NOVA
Building CG, Room 202
8333 Little River Turnpike
Annandale, VA 22003-3743

As a general practice LLI does not refund membership dues. Under extenuating circumstances LLI will consider requests for refunds if they are made in writing within 30 days of joining the Institute.

Please also complete the following:

Date _____	Renewal <input type="checkbox"/>
Amount Paid _____	New <input type="checkbox"/>
Check # _____	

LLI is operated by volunteers. This is part of our education as well as an opportunity to meet other people and be involved. If you are willing to help in some area, please indicate in which area(s) below.

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Present a Course | <input type="checkbox"/> Plan a Course | <input type="checkbox"/> Coordinate a Course | <input type="checkbox"/> Serve on the Board |
| <input type="checkbox"/> Serve on a Committee | <input type="checkbox"/> Help in the Office | <input type="checkbox"/> Assist with A/V equipment | |
| <input type="checkbox"/> Assist with Travel Planning | <input type="checkbox"/> Other _____ | | |

Would you like for someone to contact you to answer any questions or provide additional information? _____

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Would you like for someone to contact you to answer any questions or provide additional information? _____

Program Compiled by the Curriculum Committee

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The Curriculum Committee is charged with identifying a wide range of appropriate courses, arranging for the course instructors and locations, and publishing the Program Catalogue with the required information.

If you would like to participate on the Committee to help develop plans for future semesters, please contact the Chairperson.

For suggestions for courses to be included, contact any of the above members.

LLI reserves the right to deny a request for participation in any of its sponsored courses, programs and tours, or to terminate participation therein if, as determined by LLI, such participation would substantially impede its operation or diminish the enjoyment of other participants.

*LLI is an equal opportunity institution and does not discriminate on the basis of race, color, or ethnic origin.
It is a 501 (c) (3) organization and contributions are deductible to the extent allowed by law.*



Lifetime Learning Institute
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**Reminder:
Registration closes
August 11, 2017**