

# Fall 2018 Program



Active Adults - Inspired Learning  
Travel - Friendship

## **Lifetime Learning Institute**

NOVA Annandale Campus  
Godwin Building (CG), Room 202  
8333 Little River Turnpike  
Annandale, VA 22003-3743  
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*Member of the*  
**Road Scholar**  
**LLI Resource Network**

*LLI's 2018  
Holiday Party*



*Wednesday, December 5  
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 19.

### 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 3, 2018*. 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 or e-mail 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 3, 2018*.

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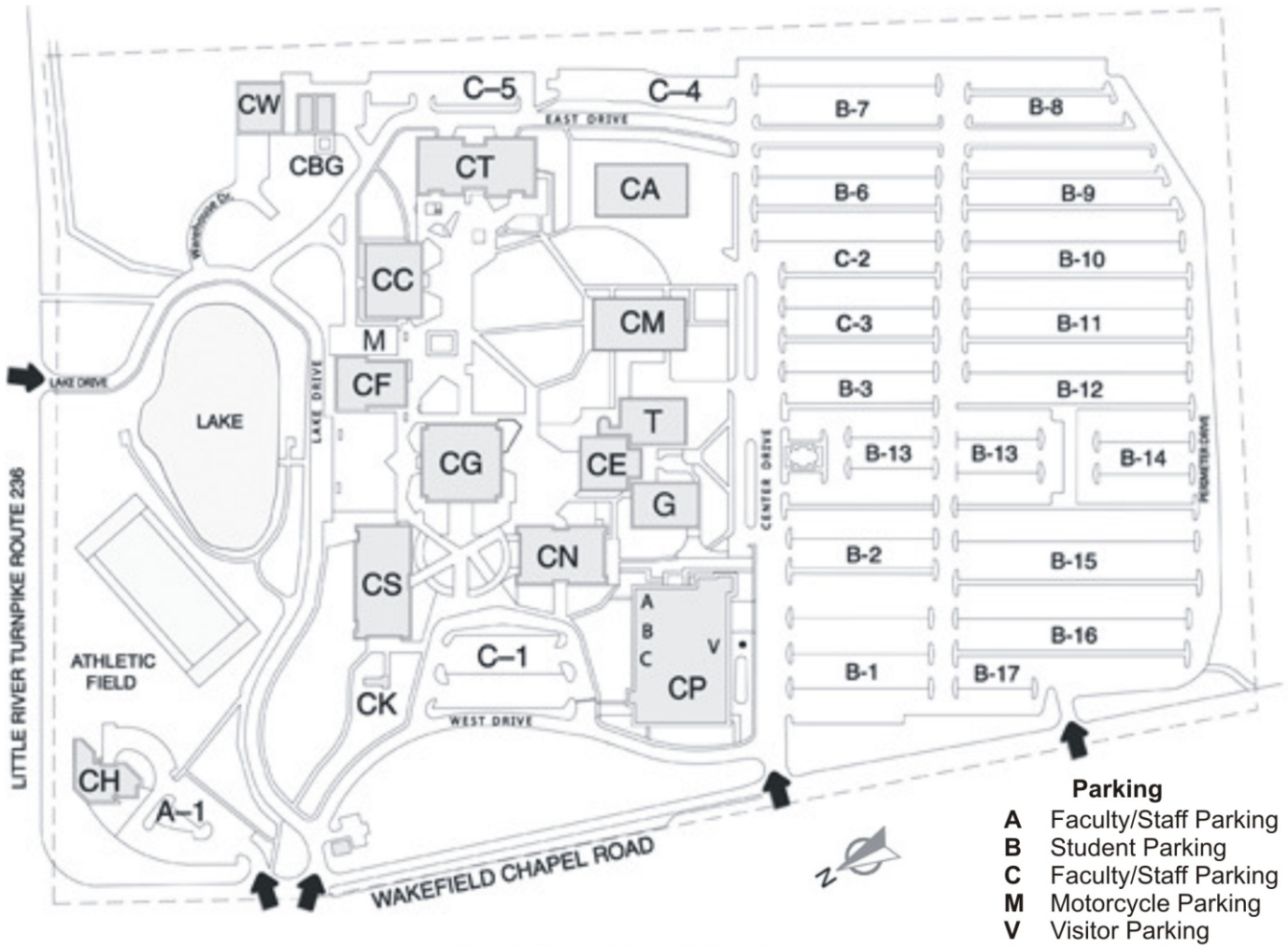
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# NOVA Campus Map



## Building Identification

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

# LLI Fall Program 2018

**Note:** All programs are free to members unless otherwise specified. See full addresses of course locations starting on page 19.

**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 our members who are 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.**

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## 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 5, October 3, and November 7. **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.*

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## Monday Mornings

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### Course 18F01A Understanding Opera (3 Sessions)

This class will enhance students' appreciation of opera by introducing them to the first two productions of Virginia Opera's 2018-2019 season, Kurt Weill's jazz-inspired *Street Scene* and Mozart's masterpiece *Don Giovanni*. Our discussions will be illustrated with audio and video excerpts. The course is recommended for opera neophytes and aficionados alike.

**Dates and Time:** Mondays, September 17, 24, October 1; 10:00 a.m. — 12:00 p.m. (**Note class time.**)

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

**Course Size:** Min. 20, Max. 40

**LLI Coordinator:** June Chalou (703) 573-7769 (H), (571) 314-7264 (C); [chaloujune@gmail.com](mailto:chaloujune@gmail.com)

**Leader:**

**GLENN WINTERS** has a B.A. and an M.A. in piano performance from Indiana University and a Ph.D. in music from Northwestern University. He has taught at two universities and performed as a solo pianist and accompanist as well as an operatic baritone. Dr. Winters has sung principal roles with Virginia Opera, Opera Festival of 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.

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### Course 18F02A The Legacies of the Roman Empire (1 Session)

Rome ruled the world. Learn about the enduring impact this civilization has had on the entire western world.

**Date and Time:** Monday, October 1; 10:00 a.m. — 11:30 a.m.

**Place:** Greenspring Village (Village Square Theater), Springfield

**Course Size:** Min. 25, Max. 70

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

**Leader:**

**CHARLES McCLELLAND** grew up in the Panama Canal Zone and has travelled extensively throughout Latin America and the Caribbean. He has studied in Mexico and was a Peace Corps volunteer in Colombia. Charles is a professional instructor and adjunct professor at Georgetown University. In his spare time he is a guest lecturer on several cruise lines.

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### Course 18F03A A Virtual Tour of Jordan and Egypt (1 Session)

Travel with Arline Sachs to Jordan and Egypt. Jordan is a sovereign Arab state and considered one of the safest countries in the Middle East. Visit the well-preserved historical city of Petra and the modern capital city of Amman. Swim in the Dead Sea and see the famous Madaba map, an ancient floor mosaic map of the Middle East, and other biblical sites. In Egypt, cruise through the Suez Canal connecting the Mediterranean Sea and the Indian Ocean. Visit temple ruins in Luxor and both the modern capital city and the pyramids in Cairo. Learn about Egypt's high security offered to protect tourists.

**Date and Time:** Monday, October 15; 10:00 a.m. — 11:30 a.m.

**Place:** Spring Hill Club House, Lorton

**Course Size:** Min. 5, Max. 75

**LLI Coordinator:** Arline Sachs (703) 646-5606 (H); [sachs@nova.org](mailto:sachs@nova.org)

**Leader:**

**ARLINE SACHS** loves to travel and has offered numerous travelogues to LLI. She is an LLI member.

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### Course 18F04A The Birds, the Bees, and the Bats: The Evolution of Flight (1 Session)

Birds do it. Bees do it. Bats do it, too. They fly. Birds, bees, other insects, and bats do not share a common flighted ancestor which means flight evolved independently multiple times. In this course we discuss the driving force behind the evolution of flight and explore how each unrelated animal group achieved the same result using different means. We

look at how wing shape and size provide flight specialization such as sustained powered flight or enhanced maneuverability. There are obvious advantages in having flight capability, but not so obvious limitations as well. We investigate why some modern avian species with flighted ancestors lost the ability to fly.

**Date and Time:** Monday, October 22; 11:00 a.m. — 12:30 p.m. (Note class time.)

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

**Course Size:** Min. 10, Max. 85

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

**Leader:**

**LARRY CARTWRIGHT** has been a nature lover for most of his life and is fond of creatures that fly, especially birds and bats. He leads the Dyke Marsh Breeding Bird Survey for the National Park Service and the Winter Waterfowl Survey for the Audubon Society of Northern Virginia, and compiles the Washington Christmas Bird Count sponsored by the Audubon Naturalist Society. Larry is also a participant in nighttime marsh bird surveys at Huntley Meadows Park in Fairfax County and is involved in a five-year project to update the Virginia Breeding Bird Atlas. He has received several awards from scientific and conservation-based organizations including the Virginia Society of Ornithology's Jackson M. Abbott Conservation Award for 2013.

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### Course 18F05A A Virtual Tour of Israel and the West Bank (1 Session)

Travel to an area of the world that has been off-limits for some time. The tour includes places of worship for the three major Western religions. In the West Bank explore the ancient sites of Hebron, Jericho (inhabited for 10,000 years), Bethlehem, and the Mount of Temptation. In Israel discover sites in Tel Aviv, Jerusalem, Haifa, and the Golan Heights. In this fascinating part of the world our journey takes us from 1,200 feet below sea level to 3,000 feet above.

**Date and Time:** Monday, November 19; 10:00 a.m. — 11:30 a.m.

**Place:** Spring Hill Club House, Lorton

**Course Size:** Min. 5, Max. 75

**LLI Coordinator:** Arline Sachs (703) 646-5606 (H); [sachs@nova.org](mailto:sachs@nova.org)

**Leader:**

**ARLINE SACHS** loves to travel and has offered numerous travelogues to LLI. She is an LLI member.

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## Monday Afternoon

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### Course 18F06P Demystifying Dementia (5 Sessions)

Currently 10 percent of people age 65 and over have been diagnosed with Alzheimer's dementia, but what can you expect after the diagnosis? This class provides an understanding of the disease and other dementias, enables you to start planning for the future, and gives ways to adjust to a new life with someone who has dementia. The course covers the basics of dementia, distinguishing types, the typical path of progression, communication techniques, the reasons for troubling behaviors, and ways to engage with a person with dementia. Services available to caregivers will also be discussed.

**Date and Time:** Mondays, October 15, 22, 29, November 5, 19; 1:30 p.m. — 3:00 p.m.

**Place:** Greenspring Village (Village Square Theater), Springfield

**Course Size:** Min. 10, Max. 70

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

**Leader:**

**LINDSEY VAJPEYI** is the director of education and outreach at the Insight Memory Care Center. With many years of experience in the fields of long-term and dementia care, Lindsey is passionate about the quality of care from professionals, support and education for families, and assistance to those with dementia so they can retain a sense of self and purpose throughout every stage of the disease. She currently holds an Activity Director certification with a specialization in Memory Care, EssentiALZ® Dementia Advanced Care certification from the Alzheimer's Association, a Specialized Dementia Care Provider certification through Positive Approach® to Care, and a Master Trainer certification with the Best Friends™ Approach to Dementia Care.

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## Tuesday Mornings

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### Course 18F07A They Ruled the World (1 Session)

This course is based on Jared Diamond's Pulitzer Prize winning book *Guns, Germs, and Steel*. In the discussion we gain insight into how environmental rather than biological differences pre-determined European world domination from the 16th to the 19th centuries.

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

**Place:** Greenspring Village (Village Square Theater), Springfield

**Course Size:** Min. 25, Max. 70

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

**Leader:**

**CHARLES McCLELLAND** grew up in the Panama Canal Zone and has travelled extensively throughout Latin America and the Caribbean. He has studied in Mexico and was a Peace Corps volunteer in Colombia. Charles is a professional instructor and adjunct professor at Georgetown University. In his spare time he is a guest lecturer on several cruise lines.

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### Course 18F08A Anna Maria Fitzhugh and Ravensworth (1 Session)

Learn about the history of Ravensworth and the life of Anna Maria Sarah Goldsborough Fitzhugh, the longest resident at Ravensworth (1814-1874.) She became the mistress of Ravensworth upon her husband's death in 1830 and provided refuge for Mrs. Robert E. Lee for a month during the early part of the Civil War. During the remainder of the war Anna Maria managed the plantation by herself.

**Date and Time:** Tuesday, October 2; 10:00 a.m. — 11:30 a.m.

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

**Course Size:** Min. 10, Max. 90

**LLI Coordinator:** Ed McKnight (703) 425-6224 (H); [edjem@aol.com](mailto:edjem@aol.com)

**Leader:**

**MARY LIPSEY** is a member of the Fairfax County History Commission. She has been a volunteer docent for the Smithsonian American History Museum since 1980 and for the National Archives since 2004. She is also an active member and

former president of the Fairfax County Cemetery Preservation Association, Inc., a nonprofit organization whose goal is to preserve and protect family cemeteries in Fairfax County. Mary received a B.A. in history and sociology from Mary Washington College and a masters in middle school education from Virginia Tech, after which she taught seventh grade American history at Lake Braddock Secondary School for 29 years. Mary has recently published a nonfiction book entitled *A Christmas Flight: Aviation Pioneer Dr. William Christmas*.

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**Course 18F09A Fall Tour at Meadowlark Gardens**  
(1 Session)

Enjoy the beautiful colors of autumn and discover how nature gets ready for winter on a walk through the woodland Native Plant Collection and ornamental gardens of Meadowlark. Participants should wear walking shoes and bring a bottle of water on this free one-hour walk on moderate terrain.

**Date and Time:** Tuesday, October 16; 10:00 a.m. — 11:00 a.m. (Note class time.)

**Place:** Meadowlark Botanical Gardens, Vienna

**Course Size:** Min. 10, Max. 30

**LLI Coordinator:** Mary Lu Bednarsky (703) 455-3999 (H); [mlbednarsky@gmail.com](mailto:mlbednarsky@gmail.com)

**Leader:**

**JULES MALONEY** started as the Meadowlark Botanical Gardens specialist in 2014. From 1988-2001 Jules served as a 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.

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**Course 18F10A The Gut Brain Axis and Healthy Aging (NOVA Faculty)** (2 Sessions)

In the first session, we will discuss the basic anatomy and physiology of the gut and its two-way communication with the brain. The goal is to develop a holistic understanding of our integrated physiology and the impact it has on our health. At the conclusion of this session, you will have a better understanding of why bad food, poor sleep habits, and too much stress are detrimental to our health. We will explore strategies to address these issues during the second session.

**Dates and Time:** Tuesdays, November 13, 20; 10:00 a.m. — 11:30 a.m.

**Place:** NOVA Annandale Campus, CA (Student Services) Building, Room 302

**Course Size:** Min. 10, Max. 100

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

**Leader:**

**Professor PETER JO** earned a D.C. (chiropractic) and an 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.

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**Course 18F11A The Americanization of East Asia**  
(4 Sessions)

This course will examine how the U.S. became drawn into this region during the 1930s and how America's free market and liberal democratic ideals helped

create the thriving East Asia of today. Dr. Anderson will explore his thesis that America has had a far greater impact on East Asia than either Russian/Chinese communism or Japanese imperial ambitions and that this impact came from America's democratic and capitalist system's superiority to the rival systems which are based on military dictatorships and communist ideology. At the same time our military involvement in the region and our three wars there — World War II, Korea, and Vietnam — have had little lasting impact on the course of our relations with the Far East. Our former foes (Japan and Vietnam) are now either allies or supporters in our ongoing rivalry with a former ally, China. In Korea we see the impact of American Christian missionaries and a keen receptivity to American capitalism as the dominating factors in our nation's relations with the South, where American-style development has left the northern part of the peninsula isolated and prone to bizarre attacks on the status quo. The sensitive questions involved with the future of an Americanized Taiwan remain a dangerous flash point in relations with the People's Republic of China. By underestimating America's potent influence on these countries, and overestimating the power of communist ideas, we have stumbled badly in our relations with East Asia. A better understanding of how we have erred in the past should help us plot a clearer path to the future.

**Dates and Time:** Tuesdays, November 27, December 4, 11, 18; 10:00 a.m. — 11:30 a.m.

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

**Course Size:** Min. 10, Max. 45

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

**Leader:**

**Dr. MICHAEL ANDERSON** received a B.A. from the University of Illinois and an M.A. and a Ph.D. in history from the 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).

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## Tuesday Afternoons

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**Course 18F12P Your Menu For Housing Choices: What They Are, Pros and Cons** (1 Session)

The options for where we live as we grow older are many and varied and can leave one feeling confused and overwhelmed. In this class we will examine what choices we have: the features of each type of housing, the pros and cons of each, the crucial questions to ask, and data to secure before making a decision.

**Date and Time:** Tuesday September 18; 1:30 p.m. — 3:00 p.m.

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

**Course Size:** Min. 25, Max. 45

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

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**Course 18F13P The Agony and Thrill of Becoming a Published Writer (1 Session)**

The process of becoming a writer today can culminate in the publishing of your own manuscript. The speaker, author of five books, emphasizes that the publishing process involves jumping into the learning curve. One must learn how to self-publish or find a publisher, market, develop a thick skin and have a lot of patience. This is a class for those of us who have become addicted to the writing process. Welcome!

**Date and Time:** Tuesday, October 9; 1:30 p.m. — 3:00 p.m.  
**Place:** St. Matthew's United Methodist Church (Room 304), Annandale  
**Course Size:** Min. 10, Max. 45  
**LLI Coordinator:** Patricia Brennan (703) 425-6738 (H), (703) 568-7990 (C); [patriciabrennan@cox.net](mailto:patriciabrennan@cox.net)  
**Leader:**

**CYNTHIA HEARNE DARLING** holds a bachelor's degree in English from the College of William and Mary and masters' degrees in social work and public administration. Her poetry earned an award in Fairfax County's Poetic Arts event and she has just completed her fifth novel, *West, By God, Virginia*. Once Cynthia was retired and liberated from the Department of Justice's governmental writing style she returned to her love of writing novels and poetry.

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**Course 18F14P What Will the 2019 Real Estate Market Look Like? (1 Session)**

From supply and demand, pricing trends, market conditions, etc., this class will give you a gestalt for next year's local market conditions. Real estate trends and activity are major drivers in our economy. Whether you are thinking of selling your home or know someone who is considering that step, tuning into the projections for next year will provide helpful information for financial planning.

**Date and Time:** Tuesday, October 16, 1:30 p.m. — 3:00 p.m.  
**Place:** St. Matthew's United Methodist Church (Room 304), Annandale  
**Course Size:** Min. 25, Max. 45  
**LLI Coordinator:** Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); [nickie@yoursbydesign.com](mailto:nickie@yoursbydesign.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.

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**Course 18F15P A New Perspective on Senior Living Options (Aging in Place) (1 Session)**

Steve Gurney, author of the *Guide to Retirement Living Sourcebook*, will lead a thought-provoking discussion designed to help understand the options for aging in place and senior living. He will look at these options from a different perspective that will enable you to customize your living situation to achieve the lifestyle and sense of purpose that you and your loved one's value.

**Date and Time:** Tuesday, October 23; 1:30 p.m. — 3:00 p.m.  
**Place:** Mason District Governmental Center (Large Conference Room), Annandale  
**Course Size:** Min. 6, Max. 90  
**LLI Coordinator:** Cathy Becker (703) 354-6337 (H), (703) 505-9821 (C); [cz.becker@verizon.net](mailto:cz.becker@verizon.net)  
**Leader:**

**STEVE GURNEY** authored the *Guide to Retirement Living SourceBook* in 1990. Drawing from the experience of observing his family care for his aging grandfather, he created a comprehensive publication to help others in the same situation. There are three regional editions: DC, Maryland, and the Philadelphia region. Steve has worked closely with nearly every regional and national organization on aging to help maximize their exposure and find solutions to their challenges.

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**Course 18F16P Circle Dance for the Holidays (1 Session)**

Christmas, Yule, Winter Solstice — the holidays around the world are observed in many different ways by many different religions. Let's join hands to celebrate this special time of year with circle dance, drawing on a variety of musical sources and traditions. All steps are low-impact and easy to learn. No dance partner or experience is necessary.

**Date and Time:** Tuesday, December 4; 1:30 p.m. — 3:00 p.m.  
**Place:** Mason District Governmental Center (Main Community Room), Annandale  
**Course Size:** Min. 10, Max. 25  
**LLI Coordinator:** Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); [Robisonja23@gmail.com](mailto:Robisonja23@gmail.com)  
**Leader:**

**JUDY ROBISON** is an LLI member and 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. 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 other senior learning programs.

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## Wednesday Mornings

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**Course 18F17A Crock Pot Cooking (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 crock pot. He also provides an assortment of easy, yet delicious, recipes to use in your crock pot at home. Don't be surprised if he has one or two slow cookers going with something to sample!

**Note:** A \$4.00 fee will be collected at the beginning of class (exact change, please).

**Date and Time:** Wednesday, October 10; 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 Hopley (703) 978-9381 (H), (703) 508-6219 (C); [bdhopley@gmail.com](mailto:bdhopley@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.

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**Course 18F18A Remodeling for Retirement (Aging in Place) (1 Session)**

The kids are grown and out of the house. Now it's time to turn the family home into your retirement retreat! We'll cover practical changes you should consider as you age — installing grab bars, comfort height toilets, better lighting, and slip resistant flooring. We'll also focus on transforming your home into a much-deserved space for relaxation and enjoyment. Perhaps you're thinking about a suite on the main level, considering a spa-like bathroom, or redesigning your kitchen. Join the designers from FA Design Build and get guidance on home renovations — from easy updates to full remodels. *A complimentary lunch will be served after the class. It's an excellent opportunity to talk with the design team as well as fellow homeowners.*

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

**Place:** FA Design Build/Flooring America showroom, 9979 Main Street, Fairfax

**Note:** Directions to FA Design Build/Flooring America, 9979 Main Street, Fairfax: From the Beltway proceed west on Little River Turnpike. Go through the intersection at Burke Station Road. (Burke Station Road is 2.7 miles west of the Little River Turnpike/Wakefield Chapel Road intersection at NOVA.) After crossing Burke Station Road go .3 miles and make a U-turn at Orchard Street (due to the divided roadway). After making the turn, go .2 miles and turn right into the FA Design Build/Flooring America showroom parking lot, where there is plenty of free parking.

**Course Size:** Min. 5, Max. 40

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

**Leaders:**

**DENISE SMITH** brings energy and more than 15 years of interior decorating experience to every project. She has a unique ability to discern a client's inner design dream and create a workable design plan that ensures each client receives a beautiful and unique space, regardless of budget or square footage.

**STACEY PETERS** is continuing her family legacy of home design and construction. Stacey loves helping clients redesign their homes into more livable and enjoyable spaces. She especially enjoys working collaboratively through all phases of remodeling from concept development and design to installation and completion.

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**Course 18F19A Soups, Stews, and Casseroles (1 Session)**

When the weather gets colder everyone enjoys a hearty and nourishing homemade soup, stew, or casserole. Chef Cal will demonstrate techniques and provide delicious recipes. Perhaps a sample or two will be featured! **Note: A \$4.00 fee will be collected at the beginning of class (exact change, please).**

**Date and Time:** Wednesday, November 14; 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 Hopler (703) 978-9381 (H), (703) 508-6219 (C); [bdhopler@gmail.com](mailto:bdhopler@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.

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**Course 18F20A Geological Record: The Detective Work of Geology (1 Session)**

Geological research shares much in common with detective work. When geoscientists speculate on the level of carbon dioxide 800,000 years ago, how do they do it? How do they reconstruct the history of the Appalachian Mountains, or the floods of pre-history? We will discuss the great variety of tools geoscientists use to recreate past environments and consider their reliability for predicting the planet's future.

**Date and Time:** Wednesday, October 31; 10:00 a.m. — 11:30 a.m.

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

**Course Size:** Min. 10, Max. 85

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

**Leader:**

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

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**Course 18F21A Hands-On Chinese Crafts (1 Session)**

In a single session complete your own Chinese paper cuts and good luck knots, some of the oldest continuous artistic traditions in the world.

**Date and Time:** Wednesday, December 12; 10:00 a.m. — 11:30 a.m.

**Place:** The Confucius Institute at the George Mason University Campus, East Building, Room 129 (near the Rappahannock Parking Building), 4400 University Drive, MS 6D9, Fairfax

**Note:** Confucius Institute is located on the campus of George Mason University in Fairfax. It is in the East Building on the north side of the Fairfax campus. Closest parking is at Rappahannock Parking Deck Visitor parking located on the lowest level. Do not park in Permit Parking area. Note your parking spot number and input this number at the parking kiosk near the garage entrance along with payment. Parking is charged at the rate of \$3/hour. Please pay for enough parking time upon arrival to avoid a parking ticket. It is a 5-minute walk to East Building. For GPS directions to campus, members may find it best to use "Panda Express at GMU." The link for the GMU campus map from the GMU webpage may be helpful.

**Course Size:** Min. 10, Max. 20

**LLI Coordinator:** Anna Dixon (703) 517-3556 (C); [njoi2day@aol.com](mailto:njoi2day@aol.com)

**Leaders:**

Instructors from the Confucius Institute at George Mason University will lead this introductory class on Chinese crafts. Supplies will be provided.

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## Wednesday Afternoons

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**Course 18F22P Aromatherapy 101 — Everyday Uses for Essential Oils (1 Session)**

Essential oils and plant extracts can be used as natural remedies to clean your home without chemicals, or as

a natural solution for relieving muscle tension, improving concentration, or even keeping bugs away. In this workshop you will learn suggested uses and guidelines for some well-known favorites like lavender, peppermint, and lemon.

**Date and Time:** Wednesday, September 12; 1:30 p.m. — 3:00 p.m.

**Place:** Spring Hill Club House, Lorton

**Course Size:** Min. 5, Max. 55

**LLI Coordinator:** Claire Hurley (512) 750-9995 (C);  
hurley0401@yahoo.com

**Leader:**

**MARILYN PEPPERS** is a certified aromatherapist, essential oil educator, and founder of Canyon Aromatics. Canyon Aromatics offers organic and ethically wild-harvested essential oil products to address different body systems. She discovered aromatherapy while exploring alternatives for healthy living. She is also a holistic health coach and yoga therapist.

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**Course 18F23P Mindfulness (NOVA Faculty)**  
(1 Session)

During psychology Professor DeGidio's April 2018 class on coping with depression, LLI members participated in a few brief mindfulness exercises used in therapy. At the request of several LLI members, a class is being offered for learning more about the benefits and usefulness of mindfulness through various techniques and exercises. Attendance at the April 2018 class is NOT a prerequisite for registering.

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

**Place:** NOVA Annandale Campus, CA (Student Services) Building, Room 302

**Course Size:** Min. 10, Max. 100

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

**Leader:**

**Professor DEANNA DeGIDIO** is an associate professor of psychology at NOVA Annandale. She has an M.A. in clinical psychology from Cleveland State University and worked in that field for several years prior to teaching full time. She is currently completing another M.A. degree at New York University (Gallatin School) focusing on morality and ethics across the disciplines of philosophy, psychology, sociology, and anthropology.

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**Course 18F24P Afternoon Tea (1 Session)**

Let's celebrate by having a Tea Party! Chef Cal will present an array of tea sandwiches, sweets, and the classic Bailiwick Inn scones with clotted cream. This class will include instruction and an afternoon tea. **Note: A \$15.00 fee will be collected at the beginning of class. Please have the exact amount in an envelope with your name written on the outside.**

**Date and Time:** Wednesday, October 24; 1:30 p.m. — 3:00 p.m.

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

**Course Size:** Min. 10, Max. 25

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

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**Course 18F25P Does Your Advance Care Planning Do What You Want It To? (1 Session)**

This class will open your eyes to recognizing what each Advance Care Directive does and does not do, a topic vital to carrying out one's end-of-life wishes. We will examine advance care planning policy issues and documents including the Advance Directive (AD)/Living Will, Durable Power of Attorney for Health Care (DPOAHC), Do Not Resuscitate (DNR) or Do Not Attempt to Resuscitate (DNAR), and Physician Orders for Life Sustaining Treatment (POLST).

**Date and Time:** Wednesday, November 7; 1:30 p.m. — 3:00 p.m.

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

**Course Size:** Min. 25, Max. 45

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

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**Course 18F26P The Ghost of Hitler and Return of Anti-Semitism (NOVA Faculty) (1 Session)**

One historian has said that the only figure who has been written about more than Jesus Christ is Adolf Hitler. In many ways this is fitting, for if Jesus could be considered a symbol of absolute good then Hitler could certainly be considered the embodiment of absolute evil. For decades after World War II Hitler and the Holocaust stood as reminders of the worst in humanity and the darkest depths we have reached as a species. However, in the age of "post-truth" and "fake news" there is a troubling trend of Holocaust denial, Hitler apologists, and a return of anti-Semitism. Join Professor Moore for his survey of this disturbing resurgence of Nazism in America and around the world and a discussion of how to set the record straight on Adolf Hitler and his role in the Holocaust by diving into Hitler's biography.

**Date and Time:** Wednesday, November 7; 1:30 p.m. — 3:00 p.m.

**Place:** NOVA Annandale Campus, CA (Student Services) Building, Room 302

**Course Size:** Min. 10, Max. 100

**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 bachelor's degree in history and a master's degree 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.

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**Course 18F27P Amazing Plant Adaptations (NOVA Faculty) (1 Session)**

Plants have many ways to adapt to a variety of environments, including those with temperature

extremes and with an absence of some key nutrients. Plants with interesting adaptations will be discussed during the one-hour classroom presentation and on display during the following 30-minute tour of the Annandale Campus greenhouse. The greenhouse is located on the west side of the CS Building.  
**Note:** The greenhouse is not a handicap accessible facility.

**Date and Time:** Wednesday, November 28; 1:30 p.m. — 3:00 p.m.  
**Place:** NOVA Annandale Campus, CS (Schuler) Building, Room 129  
**Course Size:** Min. 10, Max. 30  
**LLI Coordinator:** Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); [lorin.goodrich@outlook.com](mailto:lorin.goodrich@outlook.com)  
**Leader:**

**LISA D. WILLIAMS** is an associate professor of biology at NOVA-Annandale where she teaches botany, general biology, and human anatomy and physiology. She earned B.A. and M.S. degrees in biology (botany focus) from George Mason University and most recently an M.S. degree in science education from the University of Montana-Bozeman.

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### Course 18F28P Meet Angelina Grimké Weld — Abolitionist & Feminist (1 Session)

This course will be a living history reenactment of Angelina Grimké Weld, also known as “Devilina Grimké,” an early 19th century nationally known American abolitionist and feminist. Told in first person by Lynne Garvey-Hodge, the 45-minute performance will conclude with 10-15 minutes for questions and answers.

**Date and Time:** Wednesday, December 12; 1:30 p.m. — 3:00 p.m.  
**Place:** Spring Hill Club House, Lorton  
**Course Size:** Min. 10, Max. 50  
**LLI Coordinator:** Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); [robisonja23@gmail.com](mailto:robisonja23@gmail.com)  
**Leader:**

**LYNNE GARVEY-HODGE** has a B.F.A. from the University of Colorado, Boulder, an M.P.A. from the University of Colorado, Denver, and an M.T.S. from Wesley Theological Seminary. Lynne is an historic reenactor and has been a Fairfax County History Commissioner for the past 17 years. She is also a member of the Turning Point Suffrage Memorial National Board of Directors, the Burke Historical Society, and the Bull Run Civil War Round Table. Many groups, such as the League of Women Voters, high school and college classes, and the Association of University Women, have heard her monologues. Lynne has chaired the annual Fairfax County History Conference for the past 12 years and the Fairfax County History Awards Committee for the past six years. She is president of her own consulting company, LGH, Inc., providing leadership development, executive coaching and organizational development services to corporations, government agencies, non-profits, and health care organizations.

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## Thursday Mornings

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### Course 18F29A How to Keep Your Brain Sharp (1 Session)

Memory loss is not an inevitable consequence of growing old. As we age we experience changes in memory but research shows that we can maximize memory potential regardless of age. One is never too old nor too young to learn how to “rev up” recall. Learn how memory works and the changes to be

expected with aging. Discover three techniques to rev up recall and seven lifestyle choices that can enhance memory.

**Date and Time:** Thursday, September 27; 10:00 a.m. — 11:30 a.m.  
**Place:** St. Matthew’s United Methodist Church (Room 304), Annandale  
**Course Size:** Min. 20, Max. 45  
**LLI Coordinator:** Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); [Nickie@yoursbydesign.com](mailto:Nickie@yoursbydesign.com)  
**Leader:**

**KAY H. BRANSFORD** is a daily money manager (also known as a DMM: a professional who helps people with their personal household finances) and the best-selling author of *MemoryBanc: Your Workbook for Organizing Life*. She has appeared on many radio and television programs including the Dr. Oz Show, the BBC, and has been published in the Huffington Post. Her combined efforts seek to educate families, caregivers, and retirees on why being organized is important to the well-being of every adult. On a daily basis she helps individuals and couples who are aging in place to manage cash flow, avoid frauds and scams, and maintain their homes. The company Kay founded, MemoryBanc, received an Older-Adult Focused Innovation award from the AARP Foundation. Her Dealing with Dementia blog was recognized as Top Alzheimer’s Blog (for 2016 and 2017) by the website Healthline, and her workbook was named a Book of the Year by *Today’s Caregiver*.

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### Course 18F30A Fighting Fraud Together (1 Session)

This course covers three important factors that we can use to fight fraud together. We will discover common elements scam artists use, resources to learn about ongoing threats, and ways to help fight against these fraudsters. We will walk through some current examples of how even charities and businesses are extorting \$17 billion from Americans every year.

**Date and Time:** Thursday, October 4; 10:00 a.m. — 11:30 a.m.  
**Place:** St. Matthew’s United Methodist Church (Room 304), Annandale  
**Course Size:** Min. 20, Max. 45  
**LLI Coordinator:** Nickie Myers (703) 532-3726 (H), (703) 507-6645 (C); [Nickie@yoursbydesign.com](mailto:Nickie@yoursbydesign.com)  
**Leader:**

**KAY H. BRANSFORD** is a daily money manager (also known as a DMM: a professional who helps people with their personal household finances) and the best-selling author of *MemoryBanc: Your Workbook for Organizing Life*. She has appeared on many radio and television programs including the Dr. Oz Show, the BBC, and has been published in the Huffington Post. Her combined efforts seek to educate families, caregivers, and retirees on why being organized is important to the well-being of every adult. On a daily basis she helps individuals and couples who are aging in place to manage cash flow, avoid frauds and scams, and maintain their homes. The company Kay founded, MemoryBanc, received an Older-Adult Focused Innovation award from the AARP Foundation. Her Dealing with Dementia blog was recognized as Top Alzheimer’s Blog (for 2016 and 2017) by the website Healthline, and her workbook was named a Book of the Year by *Today’s Caregiver*.

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### Course 18F31A Clothes Make the Man (or Woman) (1 Session)

Join our presenter to examine how artists in the collections of the Smithsonian American Art Museum and Renwick Gallery depict clothing and fashion in their work. Clothing may depict status, define occupations, help an artist make a statement, or give

us a better understanding of an historical era. The presentation will highlight works from the 18th century to the present. Fashion runway? No! A stylish session? Yes!

**Date and Time:** Thursday, 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. 45  
**LLI Coordinators:** Philippa and Barry Centini (703) 658-1545 (H), (703) 472-5269 (C); [phil.centini@verizon.net](mailto:phil.centini@verizon.net)  
**Leader:**

**SARA SHOOB** is a graduate of Boston University. She 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 Renwick Gallery. Sara has presented a number of courses for the LLI program, loves sharing her passion for art, and is an LLI member.

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**Course 18F32A A Visit to the National Archives**  
(1 Session)

Join us for a docent-led tour of the "treasure chest" of historical material that defines our country. We will focus on the Rotunda for the Charters of Freedom and the Public Vaults. 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 café is available on the premises. (For more information, visit the Archives website at: [www/archives.gov/museum/visit](http://www.archives.gov/museum/visit)).

**Date and Time:** Thursday, October 25; 9:30 a.m. — 11:30 a.m. (Note class time.)

**Place:** National Archives, Washington, DC  
**Note:** The National Archives is 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.

**Course Size:** Min. 10, Max. 28  
**LLI Coordinator:** Doug Johnson (703) 628-3115 (C); [llinovadoug@gmail.com](mailto: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.

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**Course 18F33A From Pre-K to Retirement: China's Social Safety Net** (2 Sessions)

The first session introduces the Chinese education system, including pre-K through 12 and higher education, both public and private. Some comparisons will be made with the American educational system. The overview will include curriculum, class selection, enrollment requirements, exams, grading, school activities, and fees. The second session will be a discussion of the healthcare system in China, both public and private medical institutions, and health insurance programs. This presentation will also cover China's present social

security system that covers retirement, medical, unemployment, and housing funding.

**Dates and Time:** Thursdays, October 18, 25; 10:00 a.m. — 11:30 a.m.  
**Place:** Spring Hill Club House, Lorton  
**Course Size:** Min. 20, Max. 60  
**LLI Coordinator:** Anna Dixon (703) 517-3556 (C); [njoi2day@aol.com](mailto:njoi2day@aol.com)  
**Leader:**

**JING JIN** is an associate professor at Beijing Language and Culture University and resident director of the Confucius Institute at George Mason University. She has masters' degrees in English literature from Northeast Normal University and international business from the University of Wolverhampton, and a Ph.D. in management science from China University of Mining and Technology.

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## Thursday Afternoons

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**Course 18F34P Underwater Wonders 2: "Can You See Me Now?"** (1 Session)

It's an eat or be eaten world. In this course Dr. Steve Cohen uses his high-definition underwater videos to illustrate how camouflage and other techniques, e.g., schooling, counter shading, etc., are used by various fish, octopi, and cuttlefish to avoid their fate as "dinner" for predators. But wait! Predators have to eat too and have developed their own techniques to escape detection.

**Date and Time:** Thursday, September 27; 1:30 p.m. — 3:00 p.m.  
**Place:** Greenspring Village (Village Square Theater), Springfield  
**Course Size:** Min. 15, Max. 70  
**LLI Coordinator:** Doug Johnson (703) 628-3115 (C); [llinovadoug@gmail.com](mailto:llinovadoug@gmail.com)  
**Leader:**

**Dr. STEVE COHEN** graduated from New York State College of Veterinary Medicine. He became a certified scuba diver in 1988 and began doing underwater video and editing in 1996. Steve travels the world pursuing his passion. His videos have won awards and are shown at the prestigious San Diego Underwater Film Exhibition.

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**Course 18F35P What the Dickens? A Victorian Christmas** (1 Session)

England, Christmastide, in the 1800s: Everyone is tucked in bed "while visions of sugar plums dance in their heads," anticipating the pleasures of holiday foods, stirring pantomimes at the theatre, and the excitement of the Christmas tree. Dickens's *A Christmas Carol*, the "new gospel" according to many, is a bestseller. Get a panoramic view of the joys, sounds, smells, and colors of Christmas while getting "a glimpse behind the curtain" of Victorian society, politics, and family values.

**Date and Time:** Thursday, December 6; 1:30 p.m. — 3:00 p.m.  
**Place:** Spring Hill Clubhouse, Lorton  
**Course Size:** Min. 10, Max. 50  
**LLI Coordinator:** Judy Robison (703) 440-8479 (H), (703) 850-5795 (C); [robisonja23@gmail.com](mailto:robisonja23@gmail.com)  
**Leader:**

**BARBARA STIFFLER** is an LLI member. She has researched and read widely about English history and culture. Along the way, she has studied in depth both Queen Elizabeth I and Queen Victoria. Barbara has most recently taught an LLI class on the

Irish Famine. This will be a contemporaneous picture of English Victorian culture epitomized in its celebration of Christmas.

## Friday Mornings

### Course 18F36A **Peyote Stitch: Introduction to One of the Most Popular Off-Loom Beading Stitches** (1 Session)

Join us as a local artisan teaches us how to make a smooth and flexible “fabric” of beads that can be used to create bracelets, necklaces, and pins. You can begin holiday shopping here! If possible, bring magnifying spectacles or table-based magnifiers. **Note: A \$5.00 materials fee will be collected in class (exact change, please). This class will be held on the lower level of the Gallery and stairs are involved. There is no elevator.**

**Date and Time:** Friday, September 7; 10:30 a.m. — 12:00 p.m. (**Note class time.**)

**Place:** Annandale Community Park, Fred M. Packard Center (Artisans United Craft Gallery)

**Course Size:** Min. 2, Max. 12

**LLI Coordinator:** Anna Dixon (703) 517-3556 (C); [njoi2day@aol.com](mailto:njoi2day@aol.com)

**Leader:**

**KAREN BOWES** has been beading for about 16 years, discovering the craft after having made a visit to a bead artist’s shop in Old Town, Alexandria. She enjoys playing with color combinations and loves the zen-like repetition of creating something beautiful, one tiny bead at a time. Karen has been with the Artisans United Craft Gallery in Annandale for nine years. She has also participated in the Northern Virginia Handcrafters Guild craft shows for the last four years.

### Course 18F37A **United States Economy: Present and Future (NOVA Faculty)** (1 Session)

What is the status of the U.S. economy following almost two years of Donald Trump’s presidency? What has been the impact of his economic policies and directives, e.g., tax cuts and tariffs, and what does the future hold? Join economist John Min in examining the data relative to several aspects of the U.S. economy including employment/unemployment, wages, trade, deficit, gross domestic product, taxes, and demographics.

**Date and Time:** Friday, September 28; 11:00 a.m. — 12:30 p.m. (**Note class time.**)

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

**LLI Coordinator:** Lorin Goodrich (703) 425-9574 (H), (703) 336-7119 (C); [lorin.goodrich@outlook.com](mailto: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 18F38A **At Home In Home (Aging in Place)** (1 Session)

AARP reports that 83 percent of middle-aged Americans wish to live in their homes indefinitely, rather than in an assisted living facility. With careful remodeling, most homeowners can remain in their homes throughout their maturing years, known as *aging in place*. This means living in one’s home safely, independently and comfortably, regardless of age or ability level.

**Date and Time:** Friday, October 5; 10:00 a.m. — 11:30 a.m.

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

**Course Size:** Min. 15, Max. 90

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

**Leader:**

**REBECCA HUBLER** holds a B.A. and an M.A. in interior design and is a Certified Aging in Place Specialist (CAPS). She has served residential and commercial interior design clients for 35 years. In addition, Rebecca lectures for Fairfax County public school’s adult education programs and was an adjunct professor of interior design at the Corcoran College of Art & Design (now part of George Washington University). She has also lectured aboard cruise ships and appeared on Fox Channel 5 News and HGTV’s popular “Curb Appeal.” Currently she is president-elect of the Washington Metro Chapter of the American Society of Interior Designers.

### Course 18F39A **Cognitive Control Skill Set Workshop** (2 Sessions)

This is a follow-up to the summer 2018 course Cognitive Control of Self-Defeating Feelings and is being offered for anyone who attended the summer course and would like to receive additional instruction. The two sessions will involve mentoring and practicing applications of the skill set.

**Dates and Time:** Fridays, October 12, 19; 10:00 a.m. — 11:30 a.m.

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

**Course Size:** Min. 4, Max. 6

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

**Leader:**

**BILL SECHRIST** earned a B.S. from West Chester University of Pennsylvania and an M.A. from the University of Maryland, College Park. He began his teaching career at the University of Maryland and was on the faculty of the Health Department at the State University of New York until he retired. Bill offered courses including “Rational Emotive Education,” “Mental Health and Counseling,” and other classes involving the psychosocial aspects of health-related behaviors. He earned two levels of certification in Rational Emotive Behavior Therapy during training-in-residence programs at the Albert Ellis Institute in New York City.

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**Course 18F40A The Supreme Court 12 (3 Sessions)**

The Supreme Court is the ultimate decider of our laws. In this three-session course presenter Marvin Wagner discusses his 12 picks for the most significant and perhaps controversial cases the Court has adjudicated. He welcomes your 12 choices as well.

**Dates and Time:** Fridays, October 19, November 2, 16; 10:00 a.m. — 11:30 a.m.

**Place:** Greenspring Village, Village Square (Accotink Room), Springfield

**Course Size:** Min. 15, Max. 70

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

**Leader:**

**MARVIN WAGNER** received an L.L.B. from Brooklyn Law School and an L.L.M. from Georgetown University Law School. He is an instructor at various NOVA campuses and other institutions. Marvin's focus is on criminal, constitutional, business, and hospitality law.

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**Course 18F41A The History and Politics of Catalonia (NOVA Faculty) (1 Session)**

This course traces the historical development and political identity of Catalonia from the origins of modern Spain to the secession crisis of 2017. Topics include the distinct cultural identities of the 17 regions of Spain, the development of a left-libertarian anarchism in Catalonia during the early 20th century, its decisive political and military role during the Spanish Civil War (1936-39) — memorably described by George Orwell — and the constitutional complexities of its renewed demands for independence within the context of a "Europe of the Regions."

**Date and Time:** Friday, October 26; 10:00 a.m. — 11:30 a.m.

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

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

**Leader:**

**MARK R. ROYCE**, Ph.D., is a political scientist and international relations scholar, and the 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, where he received an associate provost citation for outstanding undergraduate instruction.

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**Course 18F42A The Intersection of Religion and Politics in the United States (NOVA Faculty) (1 Session)**

This course will examine how religion and politics intersect in the U.S. Recent research suggests there has been a shift in the percentage of adults affiliated with specific religions. The presentation will offer insight into how, if at all, this shift in religious affiliation could impact political parties and elections for years to come.

**Date and Time:** Friday, November 9; 10:00 a.m. — 11:30 a.m.

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

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

**Leader:**

**Dr. JENNIFER SAYASITSENA** has a B.A. from Georgetown University, an M.A. from the University of Southern California, and a Ph.D. from George Washington University. She is a professor of political science at NOVA-Annandale.

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**Course 18F43A 2018 Midterm Congressional Elections: Results in Perspective (NOVA Faculty) (1 Session)**

This course will analyze the results of the 2018 midterm election for seats in the U.S. Congress. It will (1) identify the patterns of support for the different candidates among key groups of voters, including racial and ethnic minorities, gender, age, and income; (2) assess the role of campaign financing; (3) contrast the different policy positions of the candidates and identify which issues seemed to resonate most with voters; and (4) discuss implications for the presidential election in 2020.

**Date and Time:** Friday, November 30; 10:00 a.m. — 11:30 a.m.

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

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

**Leaders:**

**Dr. JACK LEHEL**T has a B.A. from Kean University, an M.A. from Rutgers University, and a Ph.D. from the University of South Carolina.

**Dr. JENNIFER SAYASITSENA** has a B.A. from Georgetown University, an M.A. from the University of Southern California, and a Ph.D. from George Washington University. She is a professor of political science at NOVA-Annandale.

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## Friday Afternoons

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**Course 18F44P Environmental and Human Health: Inextricably Entwined (NOVA Faculty) (2 Sessions)**

We live in a complex world where what we do to our environment has infinite repercussions on how well we can live in the environment. Consider the changing demographics of the Zika virus and the risk to pregnant women and their fetuses; the role of microbe-ridden water in the transmission of disease; and the role of air pollution on lung function, particularly to those with reduced lung function such as COPD, emphysema, or asthma. Consider, too, the possible ramifications of chemical toxicants like endocrine disrupters not only on human health but also, and perhaps more importantly, on the health of fish, amphibians, and other keystone species. Come with us on a journey around the world as we look at several well-documented scientific examples of the intricate connections between environmental and human (and ecological) health. Part I will focus on toxicological examples of altered environmental conditions and human diseases from examples all over the world. Part II will focus exclusively on the effect of global climate changes and changes to human health. Along the way we will discuss the history of the environmental movement in the United States beginning with Rachel Carson and her breakthrough book *Silent Spring* and discuss our responsibility and role in caring for the planet Earth. Far from being a "doom and gloom" series, these sessions will educate you and show you positive

# September 2018

## LLI Fall Program 2018

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

							<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> LLI Forum & Open House	<b>6</b>	<b>7</b> 18F36A—Peyote Stitch: Off-Loom Beading Stitch		<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> 18F07A—They Ruled the World	<b>12</b> 18F22P—Aromatherapy 101	<b>13</b>	<b>14</b> 18F44P—Environmental/ Human Health		<b>15</b>
<b>16</b>	<b>17</b> 18F01A—Understanding Opera	<b>18</b> 18F12P—Housing Choices	<b>19</b> 18F48P—Park Ranger Grab Bag	<b>20</b>	<b>21</b> 18F48P—Park Ranger Grab Bag		<b>22</b>
<b>23</b>	<b>24</b> 18F01A—Understanding Opera	<b>25</b>	<b>26</b> 18F48P—Park Ranger Grab Bag	<b>27</b> 18F29A—How to Keep Your Brain Sharp 18F34P—Underwater Wonders 2	<b>28</b> 18F37A—U.S. Economy: Present and Future 18F48P—Park Ranger Grab Bag		<b>29</b>
							<b>30</b>

**Remove this calendar to use as a handy reference.**

# October

# 2018

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

	<b>1</b> 18F01A—Understanding Opera 18F02A—Legacies of the Roman Empire	<b>2</b> 18F08A—Anna Maria Fitzhugh & Ravensworth	<b>3</b> LLI Forum & Open House	<b>4</b> 18F30A—Fighting Fraud Together	<b>5</b> 18F38A—At Home In Home 18F45P—Richard Risk's Poetry and You	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> 18F13P—Becoming Published Writer	<b>10</b> 18F17A—Crock Pot Cooking	<b>11</b> 18F31A—Clothes Make the Man (or Woman)	<b>12</b> 18F39A—Cognitive Control Skill Set Workshop 18F44P—Environmental/ Human Health 18F45P—Richard Risk's Poetry and You	<b>13</b>
<b>14</b>	<b>15</b> 18F03A—Virtual Tour of Jordan & Egypt 18F06P—Demystifying Dementia	<b>16</b> 18F09A—Fall Tour at Meadowlark Gardens 18F14P—2019 Real Estate Market	<b>17</b> 18F18A—Remodeling for Retirement 18F23P—Mindfulness	<b>18</b> 18F33A—China's Social Safety Net	<b>19</b> 18F39A—Cognitive Control Skill Set Workshop 18F40A—Supreme Court 12 18F45P—Richard Risk's Poetry and You	<b>20</b>
<b>21</b>	<b>22</b> 18F04A—Birds/Bees/Bats: Evolution of Flight 18F06P—Demystifying Dementia	<b>23</b> 18F15P—Perspectives on Senior Living Options	<b>24</b> 18F24P—Afternoon Tea	<b>25</b> 18F32A—Visit to National Archives 18F33A—China's Social Safety Net	<b>26</b> 18F41A—History & Politics of Catalonia 18F45P—Richard Risk's Poetry and You	<b>27</b>
<b>28</b>	<b>29</b> 18F06P—Demystifying Dementia	<b>30</b>	<b>31</b> 18F20A—Geological Record			

**Remove this calendar to use as a handy reference.**

# November

# 2018

## LLI Fall Program 2018

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

				<b>1</b>	<b>2</b> 18F40A—Supreme Court 12 18F46P—Poetry Writing	<b>3</b>
<b>4</b>	<b>5</b> 18F06P—Demystifying Dementia	<b>6</b>	<b>7</b> LLI Forum & Open House 18F25P—Advance Care Planning 18F26P—Ghost of Hitler & Anti-Semitism	<b>8</b>	<b>9</b> 18F42A—Intersection of Re- ligion & Politics in US 18F46P—Poetry Writing	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> 18F10A—Gut Brain Axis & Healthy Aging	<b>14</b> 18F19A—Soups, Stews, and Casseroles	<b>15</b>	<b>16</b> 18F40A—Supreme Court 12 18F46P—Poetry Writing	<b>17</b>
<b>18</b>	<b>19</b> 18F05A—Virtual Tour of Israel & West Bank 18F06P—Demystifying Dementia	<b>20</b> 18F10A—Gut Brain Axis & Healthy Aging	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> 18F11A—Americanization of East Asia	<b>28</b> 18F27P—Amazing Plant Adaptations	<b>29</b>	<b>30</b> 18F43A—2018 Midterm Congressional Elections 18F47P—Amer. Media Cover- age of Olympics & Civil Rights	

**Remove this calendar to use as a handy reference.**

# LLI Fall Program 2018

# December 2018

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

							<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> 18F11A—Americanization of East Asia 18F16P—Holiday Circle Dance	<b>5</b> 2018 Holiday Luncheon	<b>6</b> 18F35P—What the Dickens?	<b>7</b>	<b>8</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> 18F11A—Americanization of East Asia	<b>12</b> 18F21A—Hands-On Chinese Crafts 18F28P—Meet Angelina Grimké Weld	<b>13</b>	<b>14</b>	<b>15</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> 18F11A—Americanization of East Asia	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>29</b>
		<b>30</b>					
		<b>31</b>					

**Remove this calendar to use as a handy reference.**

ways that you can impact our Earth for the betterment of your health and others.

**Dates and Time:** Fridays, September 14, October 12; 2:15 p.m. — 3:45 p.m. (**Note class time.**)

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

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

**Leader:**

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

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### Course 18F45P Richard Risk's Poetry and You (4 Sessions)

Join us for one of LLI's long-time favorite courses and learn how poetry can enrich your life. We may share poems — contemporary or classic — illustrating a theme, form, or school, or we may read and discuss one poet's work. This class is dedicated to the memory of Richard Risk who established Poetry and You and was one of LLI's original founding members.

**Dates and Time:** Fridays, October 5, 12, 19, 26; 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](mailto:marianne.c.moerman@gmail.com)

**Leader:**

**KATHRYN O'TOOLE** is a graduate of the University of California. An LLI member since 2011, she currently serves on the Board of Directors as the vice president and co-chairs the Automation Committee. Kathryn is an avid reader and theater goer. She is especially fond of LLI's poetry offerings.

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### Course 18F46P 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 2, 9, 16; 1:30 p.m. — 3:30 p.m. (**Note class time.**)

**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](mailto: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.

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### Course 18F47P American Media Coverage of the Olympics and Civil Rights: 1952-1968 (NOVA Faculty) (1 Session)

Professor Albert Thompson will survey the way U.S. newspapers covered the Olympics from 1952-1968 in the context of the Civil Rights movement. He will also discuss how U.S.-U.S.S.R. relations during that period influenced coverage of the Olympics and the competing athletes. It is fascinating how newspapers operated in the midst of both struggles.

**Date and Time:** Friday, November 30; 1:30 p.m. — 3:00 p.m.

**Place:** NOVA Annandale Campus, CN (Nursing) Building, Room 126

**Course Size:** Min. 10, Max. 70

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

**Leader:**

**Professor ALBERT R. THOMPSON** graduated from Oral Roberts University with a B.A. in government and a minor in modern Hebrew. His studies centered on U.S. foreign policy and the Arab-Israeli conflict. He received his M.A. in military history from Norwich University where his research interests concentrated on the troubles in Northern Ireland. In 2012 Professor Thompson was selected as a minority teaching fellow with Virginia Community College systems with a focus on teaching World War II and the Holocaust. He is currently a doctoral student at Howard University majoring in U.S. history with a research interest in postwar American identity, and minoring in public history and the African diaspora. Professor Thompson is also a fellow of the Royal Society of Arts.

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## Various Days

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### Course 18F48P Park Ranger Grab Bag (4 Sessions)

This course features four sessions requested by LLI members. The topics include Betsy Ross and Old Glory, the John Adams House, the life of Patrick Henry, and a deeper look at the creative mind behind the Lincoln Memorial architect, Henry Bacon.

**Dates and Time:** Wednesdays and Fridays, September 19, 21, 26, 28; 1:30 p.m. — 3:30 p.m. (**Note class time.**)

**Place:** Mason District Governmental Center, Annandale  
September 19 and 21 — Main Community Room  
September 26 and 28 — Large Conference Room

**Course Size:** Min. 25, Max. 90

**LLI Coordinator:** Rick and/or Pat Daniels (703) 354-3792 (H); [rwdaniels63@gmail.com](mailto:rwdaniels63@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.

**JENNIFER EPSTEIN** graduated from Gettysburg College and is an education specialist for the National Mall and Memorial Parks in Washington, DC. 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** has a B.A. in history from Wake Forest University, and an M.A. in public administration from the University of North

Carolina, Charlotte. Jerry began work as a park ranger with the National Park Service in 1992. He has worked at the Guilford Courthouse National Military Park (Greensboro, NC), Independence National Historical Park (Philadelphia, PA), the Carl Sandburg Home National Historic Site (Flat Rock, NC), and the 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.

**ERIC POMINVILLE** is a graduate of Michigan State University. He has been with the National Park Service since 1988 when he began his career working as a summer seasonal at Antietam National Battlefield. This was followed by several seasons in the Philadelphia area at Valley Forge National Park and Independence National Historical Park. After a season at Arlington House, the Robert E. Lee Memorial, he came to the National Mall and Memorial Parks in the spring of 1998.

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 2018 schedule as follows.** September 12 and 26 (Wednesdays); October 10 (Wednesday) and 25 (Thursday); November 8 (Thursday) and 14 (Wednesday); December 6 (Thursday) and 12 (Wednesday). 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](mailto:roberthuley@cox.net).

### 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 20, October 18, November 15. **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](mailto: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 14, October 12, November 9, January 11. **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](mailto:llinovadoug@gmail.com).

### FRENCH CONVERSATIONALISTS



Under the expert guidance of Al Brothers, we will continue to strive to improve our French language skills. After having worked through the well-known language series *French in Action*, we are now reading French short stories and novels and discussing them in French during the class. **Note: At present, this SIG is full. Future members are asked to contact Patty or Richard Steelman to be placed on a waiting list.**

**Dates & Time:** First & third Tuesdays of each month; 10:00 a.m.—12:00 p.m., September 4 and 18; October 2 and 16; November 6 and 20; December 4 and 18; January 15.

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

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

### GOURMANDS GROUP



One of the great pleasures in life is sharing a meal with friends, both old and new. If this appeals to you, why not join the Gourmands Special Interest Group? The Gourmands meet monthly, usually for lunch. If you have been curious about us, please join us at one of

our outings. The meals can be a weekend brunch, an afternoon tea or sampling an ethnic cuisine. We might even hold a wine pairing event. The only restriction is your imagination! Each month a member volunteers to choose a site and then plans and manages the occasion. The Gourmands have been very active through the years and we think you'll enjoy our activities. We strive to be very welcoming to newcomers so if you are new to LLI, please consider us as a way to make new friends. Please contact Patti Volz at (703) 892-6124 or [pattivolz@verizon.net](mailto:pattivolz@verizon.net) or Cynthia Gronvall at (734) 657-7503 or [cdgronvall@yahoo.com](mailto:cdgronvall@yahoo.com) for further information. Bon appétit!



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## 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 21, October 19, November 16, December 21.

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

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

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## VISUAL AND PERFORMING ARTS



The District/Maryland/Virginia (DMV) region is unique in the vast number of educational and cultural institutions situated within reach. The Visual and Performing Arts SIG allows members to experience these opportunities in a way that would not be possible within

the confines of a classroom. Typical quarterly activities/events include a mix of meetings with films, speakers, and member research as well as field trips that take advantage of many museums, universities, galleries, and artist studios. Responsibility for meetings is split up among members who take turns suggesting, planning, announcing, and coordinating SIG meetings and events. Members may sign up by contacting Anna Dixon at [njoi2day@aol.com](mailto:njoi2day@aol.com).

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## 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](mailto:merry.macke@gmail.com). Members may sign up to receive notifications by contacting the coordinator.

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*Please register as soon as possible, but not later than Friday, August 3, 2018.*

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## Directions to Class Locations — Fall 2018

### Annandale Community Park, Fred M. Packard Center (Artisans United Craft Gallery).

#### *Directions from NOVA*

Go east on Little River Turnpike/Route 236 to the first light INSIDE the Beltway, which is Heritage Drive to the south and Hummer Road to the north. Turn left onto Hummer Road. Go about 2 blocks, passing a townhouse development on the left. When you see a wooded area on your left, watch for a driveway into the park. Turn left into the park at that driveway (there is a large brown sign that says Packard Center) and follow the road to the right, up a hill to a parking lot in front of the Packard Center, which is a red brick building that looks like a house.

### 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. Stop at the guard house. You will receive a visitor's pass.

For the **Village Square Theater**, turn right at the second stop sign. 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.

For the **Conference Center**, veer left at the second stop sign. Hunters Crossing is the building with the canopy. There is a large parking lot in front of the building. You may park in any green striped space. The Conference Center is 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. PASSPORT PARKING IS THE APP THAT WORKS TO PAY FOR PARKING VIA PHONE ON THE NOVA CAMPUS.**

**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.

The **Nursing Building (CN)** can be reached after parking on level 2 of the parking garage.

- Enter the parking garage, turn left, walk up seven (7) steps or use the adjacent ramp to the building with the initials CN.
- Enter the building using the set of glass doors on the left.
- Take an immediate left turn, turn right at the next corridor and proceed to the second room on the left labeled CN-126.

The **Shuler Building (CS)** can be reached from level 3 of the parking garage.

- Walk from parking garage past the CN Building. Continue on the sidewalk to the Shuler (CS) Building which is straight ahead.
- Go through the main entrance and look for signs. **Note: Room 129 is located on the lower level. You have two choices to get there:**

- **USING THE STAIRS:** *Turn left*, walk to the end of the corridor, open the door on the left, walk down the stairs and turn right. Room 129 is immediately on the right.
- **USING THE ELEVATOR:** *Turn right*, walk to the end of the corridor and turn left. The elevator is immediately on the right. Go down to level one (1), turn left for a short distance and then turn right. Walk to the end of the corridor. Room 129 is the last room on the left.

The **Student Services Building (CA)** is located across the NOVA Annandale Campus from the parking garage. Room CA-302 is on the third floor. Park on level 3 of the garage if you wish to walk to CA-302 on the upper level of the campus. Park on level 1 if you wish to walk to CA-302 from the garage entrance level.

*If you wish to walk to CA-302 on the upper level of the campus:*

- Park in the garage on level 3.
- Exit the garage and walk past the CN, CE, CG and CM buildings to the CA building.
- Enter the CA building through two sets of glass doors and follow the corridor to the first room on the right.
- The sign on the door reads "CA-302 Multi-Purpose Room."

*If you wish to walk to CA-302 from the garage entrance level:*

- Park on level 1, exit the garage and walk past the CE and CM buildings to the CA building.
- After entering the CA building, walk past the circular information desk, turn left and go down the corridor to the elevator which is on the right.
- Take the elevator to floor 3.
- Upon exiting the elevator turn right.
- CA-302 is the first room on the left. The sign on the door reads "CA-302 Multi-Purpose Room."

**Note:** If you use the smart phone app to pay for your parking you can park in the "B" lot closer to the entrance to the CA building. Also, if you have a handicap parking permit you can use one of the designated spaces in the "B" lot closer to the CA building.

### **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.*

**LLI Course Registration Form – Fall 2018**

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

**Name:** \_\_\_\_\_ **Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Date:** \_\_\_\_\_ *Return Form to:* 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=1<sup>st</sup> choice, 2=2<sup>nd</sup> choice, 3=3<sup>rd</sup> choice, etc. **Do not repeat a priority number.**

Priority	Class Number	Class Name	Fee	Date (s)	Office Use Only Action/ Comments
	18F01A	Understanding Opera		9/17, 24, 10/1	
	18F02A	The Legacies of the Roman Empire		10/1	
	18F03A	A Virtual Tour of Jordan and Egypt		10/15	
	18F04A	The Birds/Bees/Bats: Evolution of Flight		10/22	
	18F05A	A Virtual Tour of Israel and the West Bank		11/19	
	18F06P	Demystifying Dementia		10/15, 22, 29, 11/5, 19	
	18F07A	They Ruled the World		9/11	
	18F08A	Anna Maria Fitzhugh and Ravensworth		10/2	
	18F09A	Fall Tour at Meadowlark Gardens		10/16	
	18F10A	The Gut Brain Axis and Healthy Aging		11/13, 20	
	18F11A	The Americanization of East Asia		11/27, 12/4, 11, 18	
	18F12P	Your Menu for Housing Choices: Pros/Cons		9/18	
	18F13P	The Agony/Thrill of Becoming a Published Writer		10/9	
	18F14P	What Will the 2019 Real Estate Market Look Like?		10/16	
	18F15P	A New Perspective on Senior Living Options		10/23	
	18F16P	Circle Dance for the Holidays		12/4	
	18F17A	Crock Pot Cooking	\$4	10/10	
	18F18A	Remodeling for Retirement		10/17	
	18F19A	Soups, Stews, and Casseroles	\$4	11/14	

*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?
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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
	18F20A	Geological Record: Detective Work of Geology		10/31	
	18F21A	Hands-On Chinese Crafts		12/12	
	18F22P	Aromatherapy 101: Everyday Uses for Essential Oils		9/12	
	18F23P	Mindfulness		10/17	
	18F24P	Afternoon Tea	\$15	10/24	
	18F25P	Does Your Advance Care Planning Do What You Want It To?		11/7	
	18F26P	The Ghost of Hitler and Return of Anti-Semitism		11/7	
	18F27P	Amazing Plant Adaptations		11/28	
	18F28P	Meet Angelina Grimké Weld: Abolitionist/Feminist		12/12	
	18F29A	How to Keep Your Brain Sharp		9/27	
	18F30A	Fighting Fraud Together		10/4	
	18F31A	Clothes Make the Man (or Woman)		10/11	
	18F32A	A Visit to the National Archives		10/25	
	18F33A	From Pre-K to Retirement: China's Social Safety Net		10/18, 25	
	18F34P	Underwater Wonders 2		9/27	
	18F35P	What the Dickens? A Victorian Christmas		12/6	
	18F36A	Peyote Stitch: Off-Loom Beading Stitch		9/7	
	18F37A	United States Economy: Present and Future		9/28	
	18F38A	At Home In Home		10/5	
	18F39A	Cognitive Control Skill Set Workshop		10/12, 19	
	18F40A	The Supreme Court 12		10/19, 11/2, 16	
	18F41A	The History and Politics of Catalonia		10/26	
	18F42A	The Intersection of Religion and Politics in the U.S.		11/9	
	18F43A	2018 Midterm Congressional Elections		11/30	
	18F44P	Environmental/Human Health: Inextricably Entwined		9/14, 10/12	
	18F45P	Richard Risk's Poetry and You		10/5, 12, 19, 26	
	18F46P	Poetry Writing — Let's Make it Happen		11/2, 9, 16	
	18F47P	American Media Coverage of the Olympics and Civil Rights: 1952-1968		11/30	
	18F48P	Park Ranger Grab Bag		9/19, 21, 26, 28	

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# LLI / NOVA Membership Form

Phone: (703) 503-0600

E-Mail: [llinova.admn@gmail.com](mailto: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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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_

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## Program Compiled by the Curriculum Committee

Doug Johnson – Chairperson

(c) (703) 628-3115 (email) llinovadoug@gmail.com

Moe Moser – Space Coordinator

Barry Centini

Philippa Centini

Pat Daniels

Lorin Goodrich

Roger Hill

Paul Hopley

Deb Hunsberger

Janet Liebenau

Nickie Myers

Scott Pinckney

Kim Rendelson

Dick Robison

Judy Robison

Chris Suskiewicz

Gina Trapp

LLI President — Anna Dixon

(h) (703) 503-5465

(email) njo2day@aol.com

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.*



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LLI Resource Network

Lifetime Learning Institute  
NOVA Annandale Campus  
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Merrifield, VA

## Change Service Requested

**Reminder:  
Registration closes  
August 3, 2018**