

LIFETIME LEARNING INSTITUTE
1996 FALL SCHEDULE

GREAT BOOKS AND DISCUSSION PROGRAM - Helen Clark

MONDAYS 10:00 A.M. TO 11:30 A.M. SEPT. 16 TO DEC. 9

Class will not meet on 9/23, 10/7, 11/4, & 12/3

PLACE - Falls Church Presbyterian Church
225 East Broad Street, Falls Church

COST - Enrollment None - Paperback books are approximately \$25.00 for each set.

DESCRIPTION - The Great Books Foundation selects and publishes paperback sets of readings for discussion. The program is based on shared inquiry and helping you to become an interpretive reader. The course can be entered at any point. We are currently in the Fourth Series, Book 2's second reading which is Caesar and Cleopatra by George Bernard Shaw. Class size minimum 5, maximum 20.

CRISIS IN AMERICAN DEMOCRACY - Yereth Knowles

MONDAYS 1:00 PM. TO 2:30 P.M. SEPT. 16 TO DEC. 9

PLACE - Falls Church Presbyterian Church
225 East Broad Street, Falls Church

COST - Enrollment None - Paperback books bought or borrowed.

DESCRIPTION - A continuation from course held at Falls Church (1995-96). 1) Early 20th Century to the 1929 crash. Text Perils of Prosperity. 2) Second part from Great Depression to the Vietnam War. This section concludes with Watergate, Nixon, the Church Committee investigation of the CIA, Iran Contra, etc. up to 1990. Heavy reliance on class participation, drawing on participants experience, their reading and subsequent discussion. Class size minimum 5, maximum 20.

POLITICS AND CAMPAIGNS -- HOW TO GET INVOLVED - Alan Mayer

TUESDAYS 10:00 A.M. TO 11:30 A.M. - 2 SESSIONS SEPTEMBER 10 & 17

PLACE - Chapel Square Center, Room 3
4414 Holborn Avenue, Annandale

COST - NONE

DESCRIPTION - Discussion on the major elements of politics and political campaigning (i.e. negative campaigns, etc.). We will also discuss local politics and how you might get involved. Class size minimum 5, maximum 35.

THE MANY DIMENSIONS OF VITAL AGING - Knox Singleton

TUESDAYS 10:00 A.M. TO 11:30 A.M. - 6 SESSIONS SEPT. 24 - OCT. 29

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - NONE

DESCRIPTION - This will be a combination lecture/discussion examination of the many different facets of the life of an older adult (e.g., mental, physical, emotional, social, economic and spiritual) and their interrelationships. Hopefully it will lead to each participant finding ways and means whereby they can experience the highest overall level of vital aging within their potential through an optimum balance of these facets. Class size minimum 5, maximum 35.

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ELDER WISDOM - VOICES FROM NATIVE AMERICANS - Lee Francis

TUESDAY 1:00 P.M. TO 2:30 P.M. - 4 SESSIONS SEPT. 24 - OCT. 15

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - NONE

DESCRIPTION - This course will examine the wisdom of the Native American Indian elders such as Wahunsonacaw, Principal Leader of the Powhatan Confederacy, and how the admonitions of such elders can be applied in 1996. Class size minimum 5, maximum 35.

EXERCISE FOR HEALTH AND FITNESS - Trudy Hynes

WEDNESDAY 10:00 - 11:30 - 6 SESSIONS SEPT. 18 - OCT. 23

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - NONE

DESCRIPTION - This course will offer a warm-up, stretching, aerobics and mat work (floor). Wear comfortable clothes and bring a mat. Class size minimum 5, maximum 20.

CENTRAL AMERICA AND MEXICO IN RELATION TO THE U.S. - Yereth Knowles

WEDNESDAYS 1:00 P.M. TO 2:30 P.M. - SEPT. 18 TO NOV. 6

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - Enrollment None - Paperback books bought or borrowed.

DESCRIPTION - An eight-week overview of the history, political-culture, economics of Mexico, Honduras, Costa Rica, El Salvador, Nicaragua, Guatemala. Text by La Feber, Inevitable Revolutions and/or Can Governments Learn? (Paperbacks). Class size minimum 5, maximum 35.

TALKING ABOUT DANCE (SHOES OR NO SHOES) - Sally Morawitz

THURSDAYS 10:00 A.M. TO 11:30 A.M. - SEPT. 19 TO NOV. 7

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - None

DESCRIPTION - The course will be set-up with each class covering a specific topic. For example:

- I. Brief historical overview and defining serious dance forms.
- II. Pre-classic dance forms and music and movement examples and the development of ballet.
- III. The New Dance - Duncan, Denishawn, Humphrey-Weidman, Graham.
- IV. Those that followed - Examples of Choreography will be used.
- V. Dance as therapy and a participatory activity.
- VI. Dancers and the visual arts.
- VII. Dance and Religion.
- VIII. Wrapup. (Class size has minimum of 5, with maximum of 30.

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LECTURE SERIES - ON FOREIGN COUNTRIES

10:00 A.M. ON OCTOBER 7, NOVEMBER 4, AND DECEMBER 2

PLACE - Cultural Center, No. Va. Community College, Annandale
Campus, 8333 Little River Turnpike, Annandale

COST - None

DESCRIPTION: This lecture series will cover cultural aspects of several different foreign countries. The Ambassador of Tunisia will be our first speaker on October 7th. No class size limitations.

FIFTY-FIVE DRIVE ALIVE - Bill Constantine

10:00 AM to 3:00 PM with 1 Hour for Lunch SEPT. 17 & 19, 1996

Participants must attend both days.

PLACE - Little River United Church of Christ
8410 Little River Turnpike, Annandale

COST - \$8.00 per member.

DESCRIPTION - Recognizing the need to help older drivers improve their skills and prevent traffic accidents, AARP put together this refresher program for drivers age 50 and older. 55 Alive/Mature Driving concentrates on those driver education concerns important to older Americans. Completion certificate entitles member to reduction in car insurance premium in Virginia. Class minimum 15, maximum 30.

FIFTY-FIVE DRIVE ALIVE - Gene Hastings

10:00 AM to 3:00 PM with 1 Hour for Lunch NOV. 12 & 14, 1996

PLACE - Chapel Square Center, Room 3
4414 Holborn Ave., Annandale

COST - \$8.00 per member.

DESCRIPTION - See above.

INTRODUCTION TO PERSONAL COMPUTERS - Turkan Gardenier, PHD

WEDNESDAY MORNINGS 10:00 - 11:30, OCT. 2, 9, 16, & 23

PLACE - PROFILE COMPUTER INSTITUTE
115 St. Andrews Drive, Vienna, VA 22180

COST - None

DESCRIPTION - An introduction to the use of personal computers for older adults in helping them to access information to meet their educational and social needs, and particularly to improve their communication with relatives, friends and others of all ages and cultures. Class size is limited to 8.

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LECTURE SERIES - UNDERSTANDING OUR MULTICULTURAL COMMUNITY

FRIDAY MORNINGS 10:00 - 11:30, OCT. 4, 11, 18, & 25

PLACE - CENTER FOR MULTI-CULTURAL HUMAN SERVICES

701 WEST BROAD STREET, FALLS CHURCH.

COST - None

DESCRIPTION - Staff members of the Center will present a program of information about the major different cultural groups that have immigrated in Northern Virginia in recent years. Class size minimum 5, maximum 15.

PIPERS - EXERCISE LEADERSHIP TRAINING - Sue Thompson

TUESDAY AND THURSDAY 9:00 - 12:00 - AUG. 27 TO SEPT. 17

PLACE - Dance Room, Cultural Center

Northern Virginia Community College

8333 Little River Turnpike, Annandale

COST - None for LLI members, \$25 for non-members.

DESCRIPTION - This course will train older adults for the PIPER Program (Peer Instructor Program of Exercise and Relaxation). Enrollment of LLI members is limited to seven persons and carries with it the obligation to lead at least one LLI course on exercise and relaxation sometime during the year following. Class limited to 7 LLI members.

PED 220 - ADULT HEALTH AND DEVELOPMENT - Sue Thompson

TUESDAY AND THURSDAY 9:30 - 11:30 - SEPT. 19 TO NOV. 26

PLACE - Dance Room. Northern Virginia Community College

8333 Little River Turnpike, Annandale

COST - Reduced to \$15 for LLI members, \$30 for non-members.

DESCRIPTION - Intergenerational program linking NVCC students with seniors to learn and practice a comprehensive program of flexibility, strengthening, endurance, and relaxation exercises, coupled with proper diet, to enable the maintenance of overall wellness. Class limited to 7 LLI members.

COMPUTER ORIENTATION AND UTILIZATION -

FRIDAY 10:00 - 11:30 - SEPT. 25 TO DEC. 6

PLACE - TBA

COST - None

DESCRIPTION - This will be an ongoing program with LLI members who are knowledgeable and experienced in computer use helping those who want to explore computer use or to expand their use, in effect becoming a kind of computer-user support group for all levels of experience from total novices to the sophisticated.

LIFETIME LEARNING INSTITUTE OF NORTHERN VIRGINIA

FACULTY

HELEN CLARK is retired from Northrop Grumman Corporation. She worked in an international marketing and international licensing role during her years with Northrop. She has a BS degree from Marymount University in International Business.

Helen attended the Leadership course offered by Great Books Foundation so she is well-versed in the Shared Inquiry method.

LEE FRANCIS is a Native American (Laguna Pueblo) educator, author and researcher. He received his PHD from Western Institute for Social Research, Berkeley, CA and his MA and BA degrees from San Francisco State University. He is the National Director of Wordcraft Circle of Native Writers and Storytellers and is also Director of the WINS (Washington Internships for Native Students) program at the American University in Washington, DC. His expertise in Native American Studies includes: Literature (Oral and Contemporary), History, and the political, social and health aspects of Contemporary Society.

His Government service includes assignments with the Department of Interior's Assistant Secretary of Indian Affairs, Congress, and Department of Education. He is actively engaged in a number of research projects including studying Post-traumatic Stress Disorder (PTSD) as applied to cultural groups.

His publications include Native Time: A Historical Time Line of Native America a book which was published in 1996, short stories such as "Keresian Dawn" in Callaloo, Native Literature Special Issue and numerous essays.

TURKAN GARDENIER, PHD is the EXECUTIVE DIRECTOR of the Profile Computer Institute, a non-profit organization located in Vienna, Virginia, providing a resource for computerized multi-media for people with special needs.

TRUDY HYNES has been a certified P.I.P.E.R. since 1990. She attended the course offered by Sue Thompson at NVCC. P.I.P.E.R.S. = Peer, Instructor, Programs, of Exercise, and Relaxation, for Seniors.

YERETH KNOWLES is a retired professor of political science. She held teaching appointments at Inter-American University, San German, Puerto Rico (1960-79), and George Mason University (1980-92). She has, travelled, studied and taught in Puerto Rico, Grenada, Holland, Switzerland, China and most countries of South and Central America.

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Since 1992 she has been writing, lecturing and working one day a week as a volunteer for United Community Ministries in Alexandria, VA. She holds a masters degree in political science from the University of Wisconsin and a PHD in political development from Institute Universitaire de Haute Etudes Internationales, Switzerland

Her publications include Beyond the Caribbean States, The Town in Aaron, short stories, news analysis articles and a column Latin America Perspectives.

The Honorable ALAN E. MAYER, former Member, Virginia House of Delegates. Represented the 39th District from 1986-1996 (Annandale, Lincolnia, Springfield). Was elected for five consecutive terms. Chief patron of over 150 adopted bills, resolutions and budget amendments. Served as Secretary of the Northern Virginia Delegation.

He was a former employee of the Central Intelligence Agency (1950-1980). Studied Electrical Engineering at Worcester Polytechnic Institute (1945-46), earned a BS degree in Business Administration in 1949 from the University of Maryland and a Masters degree in Urban Planning in 1984 from the University of Virginia.

SALLY MORAVITZ is a modern dancer, teacher and choreographer. She has a masters degree in education and dance from George Washington University. She has taught in a university and for the Fairfax County Recreation Department for 30 years. In the latter role, she has worked with people of all ages.

KNOX SINGLETON has, since 1971, earned graduate degrees from both University of Virginia and George Mason University, becoming a Licensed Professional counselor with National Board Certification in 1985. He has been active in the field of aging since 1981, serving ten years with the Fairfax Commission on Aging and many other organizations concerned with the welfare of older adults. He has a special interest in philosophy and liberal religions.

SUE THOMPSON, an Associate Professor at Northern Virginia Community College, has been involved with exercise for older adults since 1983 at George Mason's HEP Program. Currently she teaches the Adult Health and Development Program, an intergenerational fitness and wellness program, and conducts training for seniors interested in becoming exercise leaders (PIPERS)