

LLI Fall 2024 Catalog

Class: **24FA01** **Step One to Arabic (1 Session)**

Attendees will learn the basic concepts of oral and written Arabic. While we will not learn to speak and write Arabic, we will discuss its unique system of writing letters and words. We will also cover the various popular dialects of Arabic, a diglossia language, in which two distinct varieties of Arabic are spoken within the same speech community. The following questions will be answered: What are the Arab countries? What makes an Arab, an *Arab*? How do Arabs interact in the media and in real life? Come find out.

Date/Time: Tue, Sept 3, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 45

Coordinator: TBD

Instructor: **SANA HILMI** has been an assistant professor of Arabic at NOVA-Annandale since 2010. She holds an M.A. in linguistics from George Mason University, taught Arabic, and coordinated the Arabic program at GMU from 2004-09. During those years she led study abroad programs to Yemen.

Class: **24FA02** **Tackling Tech Issues (1 Session) (Zoom)**

Five volunteers will help their fellow LLI/NOVA members with technological matters. Come with questions and have your cell phones/laptops/devices handy. This presentation is part of our new Tech SIG/Service.

Date/Time: Fri, Sept 6, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Patricia Brennan

Instructor: Fellow LLI members **SUSAN BIGMAN, ANDY BUTLER, FRITZ ERNST, LUIS GRANADOS, and STEVEN MALONE** will help members with their tech questions and share their tricks of the trade.

VPA Presents: **National Gallery of Art Sculpture Garden – Sketching**

Please Note: You must sign up for this event by **September 5**.

Meet onsite by 10:00am. This gathering is limited to LLI/NOVA members. Members will meet at the gallery for coffee in the outdoor cafe before the "masses" arrive. Explore the National Gallery of Art Sculpture Garden, which offers a relaxing setting to enjoy works of modern sculpture.

We will sketch in the outdoor National Gallery of Art Sculpture Garden (if weather is not good, we will go inside to the Sculpture Galleries) and sketch...but no painting is allowed inside of the sculpture galleries, unlike the sculpture garden. Bring your own supplies or use the National Gallery of Art's simple sketchbook and pencils.

Saturday, August 17, 2024

Page 1 of 22

For directions to class locations, visit <https://www.llinova.org>.

The landscaping of the 6.1-acre sculpture garden space provides a distinctive setting for seventeen major works, including important new acquisitions of post-World War II sculpture by such internationally renowned artists as Louise Bourgeois, Mark di Suvero, Roy Lichtenstein, Claes Oldenburg and Coosje van Bruggen, and Tony Smith.

We will enjoy the reflecting pool and fountain in the center of the Sculpture Garden. Spacious walking and seating areas give participants a chance to rest and reflect on the works of sculpture amid the rich settings composed of native American species of canopy trees, flowering trees, shrubs, ground covers, and perennials.

Sculpture Garden Information: Click [Here](#).

Date/Time: Sunday, September 8, 2024 - 10 a.m.

Location: The Sculpture Garden is located at Seventh Street and Constitution Avenue, N.W., in the block adjacent to the West Building.

Transportation: Independent/carpool. We recommend Metro. One can park in Metro parking lots for free on Sundays. The closest Metro stop is Archives-Navy Memorial-Penn Quarter on the Green and Yellow lines.

Coordinator: **Anna Dixon**, Chair VPA

Class: 24FA03 The God of Monotheism...The Same God? (6 Sessions)

The God of Abraham, Isaac, Jacob, Israel, and the Patriarchs is the same of whom Jesus speaks, but is it the same Divinity to Jews and Christians? The Quran tells others “Our God and your God is One”, but makes it clear that the Islamic understanding is fundamentally different. If there is only one God, then the “monotheistic religions” must all recognize the same deity, but in scriptural understandings and development, that is not true. We will discuss this dilemma.

Date/Time: Tues, Sept 10, 17, 24; Oct 1, 8, 15, 10:00-11:30 AM

Location: Greenspring Gardens Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: TBD

Instructor: JOHN RYBICKI lectures for many organizations including LLI. He is an expert at comparing religions and their philosophers and the resulting current beliefs.

Class: 24FA04 It’s ALL About the Apple (1 Session)

Apples are such a staple fruit in American cooking. What's more American than apple pie? This class will be all about the apple, perfect for the beginning of the fall season.

Note: there is a \$5 fee for this class, payable at the door.

Saturday, August 17, 2024

Page 2 of 22

For directions to class locations, visit <https://www.llinova.org>.

Date/Time: Thu, Sept 12, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **CALVIN KRAFT** attended *L'Academie 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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner." Chef Cal is a popular LLI instructor and has a devoted following among our members. Early registration is suggested.

Class: 24FA05 Modern Middle East: The Interwar Years and Post WWII (1 Session)

We will discuss the creation of the modern Middle East by examining the years between World Wars 1 and II along with post-war WWII developments. The Sykes-Picot Agreement and the Mandate System will be reviewed before covering Arab Nationalism, the founding of Israel, and the geo-political circumstances that have created modern concerns in a post-global age.

Date/Time: Fri, Sept 13, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 114

Class Size: Min. 10, Max. 45

Coordinator: Bonnie Becker

Instructor: **Dr. MUHANNAD A. SALHI** is the Area Specialist for the Arab World at the Library of Congress. He is the author of *Syria and the Palestine Question*, as well as numerous articles on modern Middle Eastern history. He has lectured for the State Department and the CIA, in addition to having given many lectures for LLI on topics pertaining to the Middle East.

Class: 24FA06 Folk Dance (English Country Dance) (4 Sessions)

Learn English Country Dance (ECD), a favorite of George Washington and seen in Jane Austen movies and shows such as *Hamilton*, *Queen Charlotte*, and *Bridgerton*. Partners are not required. The steps are called, as in square dancing, but the movements and music are courtly and elegant. English Country Dance is a great way to get exercise and build muscle memory. Learn this dance and you can attend the many annual ECD balls held throughout our region!

Date/Time: Mon, Sep 16, 23, 30; Oct 7, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 40

Coordinator: TBD

Saturday, August 17, 2024

Page 3 of 22

For directions to class locations, visit <https://www.llinova.org>.

Instructor: **DIANNE VAN DER REYDEN** has been teaching and performing English Country Dance at local community centers since retiring as Director for Preservation for the Library of Congress. Her interest in this historic dance form was inspired by the Dance Master of the Alexandria Assembly of English Country Dancers.

Class: 24FA07 A Virtual Visit to the Virginia Museum of Fine Arts (1 Session) (Zoom)

The Virginia Museum of Fine Arts (VMFA) in Richmond houses a permanent collection of nearly 50,000 works of art from almost every major world culture. This class will concentrate on 19th to early 20th century European and American paintings. We will discuss Art Nouveau and Art Deco Decorative Art, and Faberge.

Dates/Time: Wed, Sept 18, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **ROZ HOAGLAND** is a retired art historian with a B.A. from Marietta College and an M.A. from Penn State. She taught at NOVA for 40 years and also at the Corcoran College of Art + Design and gave lectures at the US State Department Training Center. In retirement she continues to take groups to Europe for study tours focusing on art, architecture, historic, and unusual sites. Since 1999 she has led 55 trips to over 20 countries.

Class: 24FA08 Highlights of Australia and New Zealand (1 Session)

This class will highlight places on the itinerary of the 2025 LLI group travel to Australia and New Zealand. Beginning in Cairns with the Great Barrier Reef, the group flies to Sydney to see the famous Opera House and Sydney Harbor. Then it's on to New Zealand to cruise the beautiful Milford Sound, tour a winery, and learn about the distinctive history of Maori culture. The class will also view Uluru, the dramatic rock sacred to aboriginal culture, an iconic image of Australia.

Dates/Time: Thu, Sept 19, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 45

Coordinator: Ellen Wallace

Instructor: **BONNIE BECKER**, a former high school history and geography teacher, was with the Fairfax County Public Schools Office of Human Relations for 27 years and has been an adjunct instructor for the University of Virginia. She currently teaches adult ESL with the Washington English Center.

Class: 24FA09 Honeybees and Beekeeping (1 Session)

This class will introduce pollinators with focus on honeybees, their importance to our food supply, and actions we all can take to support their health and well-being.

Dates/Time: Thu, Sept 19, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 103

Class Size: Min. 10, Max. 45

Coordinator: Mary Alexander

Saturday, August 17, 2024

Page 4 of 22

For directions to class locations, visit <https://www.llinova.org>.

Instructor: **JOHN RHODES** is a resident of Fairfax County, a hobbyist beekeeper, and the Outreach Coordinator for the Northern Virginia Beekeepers Association (NVBA). NVBA is a nonprofit association dedicated to public education and support of beekeeping in the Northern Virginia area. Their focus areas include new beekeepers and ongoing education for beekeepers, sharing best practices for beekeeping and the local environment, and public outreach.

Excursion: O Street Museum Tour – Meet Up

The O Street Mansion is a hands-on, immersive museum/hotel/showpiece with a focus on history and music legends. Discover the reason the Smithsonian rated it in the "Top 5 places to explore - in the world!" and Bookings.com listed it as "The coolest place in DC!" Embark on an exciting self-guided adventure through secret doors and hidden passages. No maps or hints — just your sleuthing skills!

Dates/Time: Fri, Sept 20, 10:30 AM

Location: O Street Museum, 2020 O Street NW Washington, DC 20036

Event Size: Min. 3, Max. 25

Trip Manager: Suzanne Holland

Registration

- This event is open to members and guests (and also to the public). Participants should go to the O Street Museum website shown above and purchase a ticket to the Secret Door Tour for September 20 at 10:30 a.m. for \$30.
- Please also register below on the LLI website so that we know how many members will be attending. Members may also register member spouses. Guests/non-members can register for themselves and one companion. Members can register for up to two guests.

Payment

- The tour fee is \$30. Tickets may also be purchased on site on the day of the tour.

Cancellation/Refund: Handled by The O Street Museum.

Directions: This is a meet up excursion. Recommend Metro to Dupont Circle (Red Line).

Transportation: Independent/carpool/Metro. Conveniently located less than a block from embassy row and the Dupont Circle Metro Red Line - South Exit - we recommend you go green and use public transportation when you visit. On street parking near the museum is limited. Recommend that you book convenient and affordable parking in advance through the parking reservation app, SpotHero.

ADA Compliant: Site is equipped with elevators and ramps for wheelchairs and strollers.

Class: 24FA10 The Science of Your Life (2 Sessions)

You have lived your life in your body since you were formed. You know your body intimately – or do you? How often do you stop and appreciate just how wondrous you are? Billions of cells communicating, exchanging materials, building proteins, copying DNA, building bone, muscle, brain, interpreting light, sound, smells, and tastes, responding to heat, cold, pressure, carbon dioxide levels and infection. Let's look at Science in Your Life with a two-part series:

Date/Time: Tue, Sept 24; Oct 1, 1:30-3:00 PM

Saturday, August 17, 2024

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 45

Coordinator: Debbie Cohen

Instructor: **GILLIAN BACKUS** earned her B.A. magna cum laude from Mount Holyoke College and a Ph.D. in toxicology from the University of North Carolina (Chapel Hill). Since 2009 she has been a full-time professor at NOVA-Loudoun teaching Biology and Anatomy and Physiology. Prior to her college teaching career Dr. Backus taught high school biology, was a Science and Technology Policy Fellow with the National Academies of Science in Washington, D.C. and worked for the U.S. Environmental Protection Agency as a toxicologist. Gillian has a passion for civic engagement, and as a SENCER Leadership Fellow, has worked diligently to promote cross-disciplinary STEAM initiatives at the community college level.

Class: **24FA11** **Digital Fabrication for Curious Adults (1 Session)**

In this class you will learn how to design and print 3D objects to solve problems for yourself and your family. We will discuss the different types of 3D printers, the major manufacturers, as well as the filament providers for personal or industrial use.

Date/Time: Wed, Sept 25, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **Dr. LAWRENCE NIGHTINGALE** did his doctoral dissertation on the effect that 3d printing has on student self-concept. This class is an extension of that work, designed to help all consumers learn how to design and manufacture solutions for themselves using accessible materials and machines.

Class: **24FA12** **Write Your Story (1 Session)**

This class will share techniques for writing your story including how to visualize it, how to write the draft, and how to formulate a systematic approach to editing.

Date/Time: Fri, Sept 27, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 114

Class Size: Min. 4, Max. 30

Coordinator: Arlene Gribben

Instructor: **DANIEL GRAHAM** is an award-winning novelist with seven fiction and five non-fiction books. For 40 years he provided training and consulting about writing efficiency and quality to corporations and government agencies throughout North America and Europe.

Class: 24FA13 Park Ranger Grab Bag - Part 1 (1 Session)

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Fri, Sept 27, 1:30-3:00 PM

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: 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.

Class: 24FA14 CHATS: Connecting Humans and Telling Stories (1 Session)

Are you yearning for some quality social interaction in a safe, structured setting? You are not alone!

According to the Center for Disease Control and Prevention, “social connection is a fundamental human need, as essential to survival as food, water and shelter” and “increasing social connection can enhance life satisfaction, educational attainment, and performance in the workplace.”

CHATS offers a way to counteract the growing lack of quality social connection in our communities and our homes. It is a facilitated process designed to deepen our appreciation and understanding of others through interesting conversations and activities. These sessions are opportunities to foster genuine connections. They are simple, hands-on, and engaging, fulfilling, and fun. You will get to connect with others in a setting where the rules are clear, the playing field is level, and the risk is minimized.

Dates/Time: Wed, Oct 9, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 23

Coordinator: Anna Dixon

Instructors: BRANDON BASTIAN is the executive director of Piedmont Peace Center, a community mediation center and conflict management nonprofit based in Warrenton which serves Virginia from Loudoun in the north to Caroline in the south.

CAROLYN LAMM is a longtime trainer in a variety of educational fields, and currently serves as Restorative Justice Coordinator in Prince William County, working with first-time juvenile offenders to establish accountability and change their thinking for the future.

Class: 24FA15 Park Ranger Grab Bag - Part 2 (1 Session)

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Wed, Oct 2, 1:30-3:00 PM

Location: Mason District Governmental Center

Saturday, August 17, 2024

For directions to class locations, visit <https://www.llinova.org>.

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **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.

Class: 24FA16 The World's Religions - Introduction (1 Session)

This class will present the basic beliefs, values, and practices of the major religions of the world.

Date/Time: Fri, Oct 4, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives in the area.

Class: 24FA17 Meadowlark Botanical Gardens Fall Tour (1 Session)

Fall colors at Meadowlark Botanical Gardens will be the main attraction on this guided tour to the best views in the 95-acre Gardens. We will get exercise, take in the sights and sounds of the Gardens, and discuss how the plants are getting ready for colder months.

NOTE: Wear good walking shoes and bring a bottle of water for this 75-minute walk over hilly terrain.

Date/Time: Tue, Oct 8, 10:00-11:15 AM

Location: Meadowlark Botanical Gardens

Class Size: Min. 8, Max. 25

Coordinator: Mary Lu Bednarsky

Instructor: **JULES MALONEY** started as the Meadowlark Botanical Gardens specialist in 2014. From 1988-2001 he 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 teacher, Jules provides Meadowlark's educational programming for schools and community groups.

Class: 24FA18 A Consequential Presidency: Harry Truman and the 1948 election (1 Session)

This class will focus on Truman's presidency following the death of FDR and the election he improbably won in the 1948 election. Dr. Anderson will show how Truman faced down his many opponents, foreign and domestic, and eventually came to be rated by historians as one of this country's top ten chief executives.

Dates/Time: Wed, Oct 9, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 4, Max. 30

Coordinator: Steve Cohen

Instructor: **Prof. MICHAEL ANDERSON** is a retired Foreign Service Officer with a PhD in history from the University of Chicago. He has taught many courses at LLI on history and current events over the last twenty years.

Class: 24FA19 Introduction to Conflict: Turning Conflict into Communication (1 Session)

Conflict is normal, but it does not have to be destructive. We all deal with conflict, and anyone who promises they can remove conflict from your life is probably lying to you. So, what can we do? We cannot fully avoid conflict, but navigating it becomes more manageable when you develop skills and understanding. Join conflict professionals in discussing and understanding different communication styles. Then dive into conflict styles and explore when different approaches to conflict might be useful and yield better results. Finally, examine paradigms to determine what actions to take to get the desired outcomes.

Dates/Time: Thu, Oct 10, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 45

Coordinator: Anna Dixon

Instructors: **BRANDON BASTIAN** is the executive director of Piedmont Peace Center, a community mediation center and conflict management nonprofit based in Warrenton which serves Virginia from Loudoun in the north to Caroline in the south.

CAROLYN LAMM is a longtime trainer in a variety of educational fields, and currently serves as Restorative Justice Coordinator in Prince William County, working with first-time juvenile offenders to establish accountability and change their thinking for the future.

Class: 24FA20 Pumpkin: Not Just for Halloween (1 Session)

Chef Cal will share a variety of pumpkin recipes. Let's move beyond pumpkin pie for fall gatherings and learn something new.

Note: there is a \$5 fee for this class, payable at the door.

Date/Time: Thu, Oct 10, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **CALVIN KRAFT** attended *L'Academie 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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner." Chef Cal is a popular LLI instructor and has a devoted following among our members. Early registration is suggested.

Class: 24FA21 The World's Religions - Judaism (1 Session)

This class will present the basic beliefs, values, and practices of Judaism.

Date/Time: Fri, Oct 11, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives,

Class: 24FA22 Diabetes: When Sugar's Not So Sweet (1 Session) (Zoom)

Do you know someone who must monitor their blood sugar? In this class we will explore the story of diabetes, one of our most common modern maladies. Topics include the history of the disorder and its subtypes, the function of the pancreas, how blood glucose imbalances affect the body, why this is more common as we age, and how this disease can be successfully managed.

Date/Time: Mon, Oct 14, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Steve Cohen

Instructor: **JOE BEAN, M.D.**, is a Northern Virginia native who currently teaches anatomy and physiology at NOVA. He has been teaching for 17 years, 12 of them at a community college in Salem, Oregon.

Class: 24FA23 Hamilton: Man, and Musical (1 Session) (Zoom)

Alexander Hamilton has always been known as a central player in America's early history, but the smash Broadway musical has focused new attention on this fascinating individual. This multimedia presentation draws on both Hamilton's biography and his depiction on stage to examine his accomplishments, discuss his relationship with Aaron Burr, and reflect on the appeal of the musical. It includes many excerpts from the musical's soundtrack that will also include visual presentation of the show's brilliant lyrics.

Date/Time: Tue, Oct 15, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **DAN SHERMAN** has presented talks on musical theatre composers and lyricists to many groups (including Osher Lifelong Learning) around Washington, DC and Virginia over the past 10 years. He holds a Ph.D. in economics from Cornell University and retired as managing director at the American Institutes for Research in Washington, DC.

Class: 24FA24 A Consequential Presidency: Harry Truman and the Korean War (1 Session)

This class will focus on the Korean War during Truman's presidency causing him to be one of the most unpopular chief executives.

Dates/Time: Wed, Oct 16, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 4, Max. 30

Coordinator: Steve Cohen

Instructor: **Prof. MICHAEL ANDERSON** is a retired Foreign Service Officer with a PhD in history from the University of Chicago. He has taught many courses at LLI on history and current events over the last twenty years.

Class: 24FA25 Mouth-Tongue Exercises for Better Sleep (1 Session)

Toning the soft tissues in the tongue, mouth, and throat can improve sleep quality, whether or not you have sleep apnea.

Date/Time: Tue, Oct 17, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 4, Max. 30

Coordinator: TBD

Instructor: **Dr. CHARLES MASARSKY** has been in the private practice of chiropractic in Vienna, Virginia, with his wife and practice partner, Dr. Marion Todres-Masarsky, for forty years. Since 2003, Dr. Masarsky has been an adjunct assistant professor of biology at NOVA. He is a veteran of the U.S. Army Reserves, having served as a medical specialist (MOS 91-B).

Excursion: **Belmont-Paul Women's Equality National Monument – Meet Up**

The Belmont-Paul Women's Equality National Monument has played a significant role in the U.S. women's suffrage and equal rights movements. From this house, suffragist Alice Paul and the National Woman's Party developed strategies and tactics to advocate for the Equal Rights Amendment and equality for women. It was formerly known as the Sewell-Belmont House and Museum. President Barack Obama designated it as a national monument in 2016.

Dates/Time: Thu, Oct 17, 11:00 AM

Location: Belmont-Paul Women's Equality National Monument, 144 Constitution Ave., NE Washington, DC 20002

Event Size: Min. 10, Max. 25

Trip Manager: Suzanne Holland

There is no cost. We will meet at the Belmont-Paul Monument at 11 a.m. The museum doesn't have a cafeteria, but there are many restaurants in the area. Lunch arrangements will be up to individual participants.

Transportation: Independent/carpool. This is a meet up. The Belmont-Paul House is a short walk from the Union Station Metro stop on the red line and from the Capitol South Metro stop on the orange, silver, and blue lines.

Class: **24FA26** **Connecting Through Conversation: Small Group Communication for Seniors (1 Session)**

This interactive discussion will explore the unique communication dynamics and benefits of small groups for seniors. Participants will gain insights into effective strategies for fostering meaningful connections, overcoming communication challenges, and enriching their social lives through engaging small group experiences.

Dates/Time: Fri, Oct 18, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 114

Class Size: Min. 10, Max. 45

Coordinator: Debbie Cohen

Instructor: **CAROL QUADE** holds a doctorate in communication and media studies and is an adjunct faculty member in the Communication Studies and Theater Department on the NOVA-Annandale campus. She has taught communication and English courses for 26 years internationally and in the U.S.

Class: **24FA27** **The World's Religions - Christianity (1 Session)**

This class will present the basic beliefs, values, and practices of Christianity.

Saturday, August 17, 2024

Page 12 of 22

For directions to class locations, visit <https://www.llinova.org>.

Date/Time: Fri, Oct 18, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives.

VPA Presents: Mark Morris Dance Group

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations: Ticket availability begins August 1. Complete reservation by October 17 at Noon.

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu>. Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Saturday, October 19, 2024 - 2 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: **Anna Dixon**, Chair VPA

Class: 24FA28 First Lady Mary Todd Lincoln (1 Session)

Mary Todd Lincoln's parents were pioneer settlers of Kentucky. She grew up in an elite society with a spirited social life and a good education. At the age of 21, she met Abraham Lincoln, a young lawyer from Illinois. Her life would change significantly when she became First Lady.

Date/Time: Mon, Oct 21, 10:00-11:30 AM

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 45

Coordinator: Arlene Gribben

Instructor: **MARY BUCKINGHAM LIPSEY** was born in Atlanta and raised in Fairfax County, Virginia. She received a B.A. in history and sociology from Mary Washington College and a masters in middle school education from Virginia Tech. In June, 2003, Mary retired from teaching seventh grade American History after almost thirty years. She recently retired from being a volunteer docent at the Smithsonian National Museum of American History. Her interest in local history has found an outlet through researching, writing, and speaking to community groups.

Class: 24FA29 Ranked Choice Voting in Virginia (1 Session) (Zoom)

This class will provide an overview of ranked choice voting - how it works and how it benefits voters. Participants will learn how it is currently used in Virginia and its future in the Commonwealth.

Date/Time: Tue, Oct 22, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: TBD

Instructor: **LIZ WHITE** joined OneVirginia2021 in 2015 and was instrumental in the growth and development of Virginia's redistricting reform movement, including leading the Presence at the Polls program, which sends hundreds of volunteers to polling places during elections to educate voters. In 2020, she was promoted to executive director of the OneVirginia2021 Foundation - the voter education wing of the organization. Liz has a B.A. from the College of William and Mary.

Class: 24FA30 Exploring Common Roots (1 Session) (Zoom)

In this interactive session, Professor Bernice Mayfield will discuss her project "Exploring Common Roots," as part of the Pulitzer Center's Project 1619 Education Network. The Pulitzer Center's 1619 Project Education Network supports educators and students across the country in advancing transformative conversations about the legacy of slavery in the United States and the contributions of Black Americans in moving the country toward its stated ideals. Bernice's presentation speaks to her growing awareness of her own personal history as well as her expertise and passion in equipping teachers with the inspiration and skills to advance necessary historical stories too often absent in education. Join us as we explore the past, celebrate diversity, and honor resilience. Let's advance transformative conversations together!

Date/Time: Tue, Oct 22, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: TBD

Instructor: **BERNICE ANN MAYFIELD** holds an M.S. Ed in early childhood education and is a faculty member at NOVA. Her dedication to education can be traced back to the Mayfield One Room Schoolhouse (founded by her great grandfather Lewis Henry Mayfield) in Virginia. Bernice honors that family legacy by energetically supporting adults to consider and successfully pursue academic credentials.

Class: 24FA31 The World's Religions - Islam (1 Session)

This class will present the basic beliefs, values, and practices of Islam.

Saturday, August 17, 2024

For directions to class locations, visit <https://www.llinova.org>.

Date/Time: Fri, Oct 25, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives.

Class: 24FA32 Aristotle on Friendship (1 Session)

The ancient Greek philosopher Aristotle devoted significant portions of his major ethical works to the topic of friendship. According to Aristotle, why do people need friends, and how do friends contribute to human flourishing? How do his views on friendship raise challenges for our contemporary notions of what it means to be a friend?

Date/Time: Mon, Oct 28, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 119

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **MARK BRENNAN** earned a Ph.D. in philosophy at SUNY-Albany and teaches at NOVA-Loudoun. His research is primarily focused on ancient Greek philosophy, particularly Aristotle's ethics. He currently teaches courses on the history of philosophy, logic, ethical theory, and biomedical ethics. In the past, he taught political philosophy, ancient Greek philosophy, and philosophical approaches to happiness.

Class: 24FA33 Behind the Headstones: Amazing Stories of Heroes at Arlington National Cemetery (1 Session)

There is a story behind each headstone at Arlington National Cemetery. Many of them are tales of heroism, dedication, creativity, perseverance, and bravery. Unknown personalities to most, this presentation will relate amazing stories, often pivotal to key events, of just a few of them.

Date/Time: Tue, Oct 29, 10:00-11:30 AM

Location: NOVA CS Bldg, Room 129

Class Size: Min. 10, Max. 75

Coordinator: Ellen Wallace

Instructor: **BLANE AMPHOR** is a retired federal employee with more than 36 years of service. He has had a lifelong interest in history and has read extensively on World War II, the American Revolution, and ocean liners. He has taught with several Lifelong Learning Institutes, the Loudoun County Public Library system, AARP, and senior communities. He enjoys visiting sites related to his interests to gain a fuller understanding of historical events.

Class: 24FA34 Alfred Hitchcock: Master of Suspense (1 Session) (Zoom)

Alfred Hitchcock made more than 50 films on both sides of the Atlantic. He brought style, humor, and most of all suspense to audiences in a series of classic films. This class will talk about the master director's life, his approach to making films, and show clips from films such as "Rebecca", "The Man Who Knew Too Much", "Vertigo", "North by Northwest", "Psycho", and "The Birds".

Date/Time: Tue, Oct 29, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **DAN SHERMAN** has presented talks on theatre and films to many groups (including Osher Lifelong Learning) around Washington, DC and Virginia over the past 10 years. He holds a Ph.D. in economics from Cornell University and retired as managing director at the American Institutes for Research in Washington, DC.

Class: 24FA35 Underwater Wonders: By Request (1 Session)

Dr. Steve Cohen returns with more high-definition underwater videos- with a twist. He asks that class participants request what they want to hear about in advance. Suggestions might include coral reefs, sharks, octopuses, sea lions, tropical fish, whales, humorous videos, and more.

Note: Please email your preferences to admin@llinova.org NLT October 15.

Date/Time: Wed, Oct 30, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 10, Max. 45

Coordinator: Steve Cohen

Instructor: **STEVE COHEN** is a retired veterinarian who has been scuba diving all over the world since 1988. He has produced underwater videos since 1996 that have been seen internationally and several have been featured at prestigious underwater film festivals. He works with the Coral Reef Alliance to help preserve and protect coral reefs and is currently on the LLI board of directors.

Class: 24FA36 What is a Watershed and Why is it Important? (1 Session)

This class will answer the following questions. What is a watershed? Why is it important? What is its connection to the Chesapeake Bay? Why do we monitor the health of streams in our watershed and why should we care?

Date/Time: Thu, Oct 31, 10:00-11:30 AM

Saturday, August 17, 2024

For directions to class locations, visit <https://www.llinova.org>.

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 35

Coordinator: Mary Alexander

Instructor: **MARY McCLEAN**, an Arlington Regional Master Naturalist, has taught about the environment throughout the Washington area. She has been an environmental steward for over 25 years by leading field trips, giving talks, training volunteers to improve the environment, and presenting interactive programs to everyone from pre-K to adults. Mary particularly enjoys the opportunity to play in streams as a stream monitor.

Class: 24FA37 The World's Religions - Hinduism (1 Session)

This class will present the basic beliefs, values, and practices of Hinduism.

Date/Time: Fri, Nov 1, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives.

Class: 24FA38 Introduction to Public Speaking (3 Sessions)

Would you like to become more confident speaking in front of groups? This class is an opportunity to improve these skills when speaking to audiences. We will work on the basics of formatting a speech, enhancing delivery skills, and building confidence. By the end of the class, you will practice giving a speech!

Date/Time: Wed, Nov 6, 13, 20, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 124

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **STACIE L. BIANCARDI** is an adjunct faculty member at NOVA-Loudoun as part of the Languages, Arts, and Social Sciences Division. She completed undergraduate work at Stonehill College, Easton, MA and earned a Master of Arts degree in communication from Marist College. Stacie specializes in teaching communication courses including principles of public speaking, introduction to human communication, and interpersonal communication.

Class: 24FA39 The World's Religions - Buddhism (1 Session)

This class will present the basic beliefs, values, and practices of Buddhism.

Date/Time: Fri, Nov 8, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Saturday, August 17, 2024

Page 17 of 22

For directions to class locations, visit <https://www.lilnova.org>.

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives.

Class: 24FA40 Philosophical Approaches to Happiness (1 Session)

While many consider happiness to be the primary aim of human activity, there is widespread disagreement on how it is achieved. Does happiness consist in attaining simple pleasures or realizing goals, or is it something else? Is human happiness connected with moral goodness in any way? This class will examine various philosophical approaches to this question from antiquity to the present day.

Date/Time: Mon, Nov 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 119

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopley

Instructor: **MARK BRENNAN** earned a Ph.D. in philosophy at SUNY-Albany and teaches at NOVA-Loudoun. His research is primarily focused on ancient Greek philosophy, particularly Aristotle's ethics. He currently teaches courses on the history of philosophy, logic, ethical theory, and biomedical ethics. In the past, he taught political philosophy, ancient Greek philosophy, and philosophical approaches to happiness.

Class: 24FA41 Park Ranger Grab Bag - Part 3 (1 Session)

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Wed, Nov 13, 1:30-3:00 PM

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **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.

Class: 24FA42 Holiday Appetizers: Simple and Delicious (1 Session)

As we prepare for the busy holiday season, Chef Cal will bring us a variety of appetizer recipes. These ever-popular "small bites" are a favorite of hosts and guests.

Saturday, August 17, 2024

Page 18 of 22

For directions to class locations, visit <https://www.lilnova.org>.

Note: there is a \$5 fee for this class, payable at the door.

Date/Time: Thu, Nov 14, 1:30-3:00 PM

Location: St. Matthew's United Methodist Church, Room 304

Class Size: Min. 10, Max. 30

Coordinator: Bonnie Hopler

Instructor: **CALVIN KRAFT** attended *L'Academie 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. Cal has authored two memoir books; "The Ramblings of an Old Man" and "The Ramblings of an Old Man – Book 2." He has co-authored two others memoir books and is the author of the cookbook, "Recipes from the Chef's Corner." Chef Cal is a popular LLI instructor and has a devoted following among our members. Early registration is suggested.

Class: 24FA43 How Did Impressionism Begin? (2 Sessions) (Zoom)

Discover the origins of the French art movement in a new look at the radical 1874 exhibition considered the birth of modern painting. A remarkable presentation of 130 works includes a rare reunion of many of the paintings first featured in that now-legendary exhibition. Revisit beloved paintings by Paul Cézanne, Edgar Degas, Claude Monet, Berthe Morisot, Camille Pissarro, and Pierre-Auguste Renoir, and meet their lesser-known contemporaries. See the art norms they rebelled against and learn what political and social shifts sparked their new approach to art.

Date/Time: Fri, Nov 15, 22, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **ANNA DIXON** has taken many courses and workshops at NOVA and local art leagues and associations. She exhibits her work in the area and has been a National Gallery of Art docent for almost 25 years. Anna is a Philadelphia native who received her undergraduate and graduate education in the Washington, D.C. region. She is a retired senior executive in both the federal and private sectors.

Class: 24FA44 The World's Religions - Sikhism and The Baha'i Faith (1 Session)

This class will present the basic beliefs, values, and practices of Sikhism and The Baha'i Faith.

Date/Time: Fri, Nov 15, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **LAURA SHULMAN** has presented this program numerous times over the past several years at Fairfax County libraries and Hollin Hall Senior Center (Alexandria). She has been an assistant professor of religion at NOVA since 1996. Laura has an M.A. in religious studies from Indiana University, Bloomington and is an active participant and promoter of interfaith initiatives.

VPA Presents: Special Virginia Opera Performance - Carmen

Deeply discounted tickets regularly priced at \$110, group price now only **\$34** (20 tickets - 4 seats in the balcony – KK 32-35 and 16 seats in the orchestra - Q 45-51 and R 44-52. After you register below, the VPA Coordinator, Anna Dixon will contact you to provide the tickets and collect payment. Click here for the seating chart ==>[Seating Charts](#)

Extra Features:

- **Before The Performance** - Make the most of your operatic experience by learning about the context, music, and production you are about to see and hear. A pre-performance discussion will take place in Monson Grand Tier, which is located on the third level of the Center for the Arts Lobby, 45 minutes prior to curtain.
- **After the Performance** - Following the matinee, Virginia Opera will lead a post-performance discussion with the artists in the Center for the Arts main lobby.

Date/Time: Sun, Nov 17, 2:00 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: **Anna Dixon**, Chair VPA

Class: 24FA45 The Indianapolis 500: History, Traditions, and the Greatest Spectacle in Racing (1 Session)

For more than 100 years, the Indianapolis 500 has been considered the world’s greatest automobile race. History, tradition, technical innovation, and thrilling competition combine to make it an event like no other. Each race produces victory, heartbreak, surprises, and high drama for drivers, teams, and fans. Learn the fascinating aspects of this event which makes it “The Greatest Spectacle in Racing”.

Date/Time: Mon, Nov 18, 10:00-11:30 AM

Location: NOVA CA Bldg, Room 302

Class Size: Min. 10, Max. 75

Coordinator: Ellen Wallace

Instructor: **BLANE AMPHOR** is a retired federal employee with more than 36 years of service. He has had a lifelong interest in history and has read extensively on World War II, the American Revolution, and ocean liners. He has taught at several Lifelong Learning Institutes and has instructed with various organizations such as the Loudoun County Public Library system in Virginia, AARP, and senior communities.

Class: 24FA46 Long COVID (1 Session)

This class will discuss practical tips for those concerned about living with long COVID, based on current and ongoing research.

Date/Time: Tue, Nov 19, 10:00 – 11:30 AM

Saturday, August 17, 2024

Location: NOVA CN Bldg, Room 124

Class Size: Min. 4, Max. 30

Coordinator: TBD

Instructor: **Dr. CHARLES MASARSKY** has been in the private practice of chiropractic in Vienna, Virginia, with his wife and practice partner, Dr. Marion Todres-Masarsky, for forty years. Since 2003, Dr. Masarsky has been an adjunct assistant professor of biology at NOVA. He is a veteran of the U.S. Army Reserves, having served as a medical specialist (MOS 91-B).

Class: 24FA47 Park Ranger Grab Bag - Part 4 (1 Session)

Join Park Rangers from the National Mall and Memorial Parks as they present topics of their choice.

Date/Time: Thu, Nov 21, 1:30-3:00 PM

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: **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.

VPA Presents: Take 6 (holiday acapella group) at GMU

The most awarded a cappella group in history, Take 6, brings its superlative vocal genius to the Center for a gospel-infused holiday concert. Take 6 has captivated audiences for more than three decades, earning 10 GRAMMY Awards, 10 Dove Awards, 2 NAACP Image Awards, a Soul Train Award, and more. Heralded by Quincy Jones as the “Baddest vocal cats on the planet,” experience vocal artistry with their silky-smooth program that slips and slides from jazz to pop to R&B, doo-wop, and blues. “The impeccable vocal harmony of Take 6 is a magic fairy dust that renews every song it touches” (Keyboard).

LLI/NOVA members have access to specially discounted orchestra (or whatever is available) seats for this event for just \$15.00 plus a \$4.00 service fee.

Reservations: Ticket availability begins August 1. Complete reservation by November 29 at Noon.

1. To obtain the discounted tickets, you must use the special LLI/NOVA discount coupon code, which can be obtained on the [Visual and Performing Arts SIG](#) page (click the link).
2. Then, go to the GMU Center for the Arts website at <https://cfa.calendar.gmu.edu> . Follow the steps on the Visual and Performing Arts page to select the GMU event and seats you desire. You must enter the special coupon code to obtain the discounted ticket price.
3. Once you have obtained tickets, please also register below so that we can know who is participating.

Date/Time: Sun, Dec 1, 2:00 p.m.

Location: Center for the Arts, Concert Hall, at GMU, 4373 Mason Pond Dr., Fairfax, VA 22030

Coordinator: **Anna Dixon**, Chair VPA

Saturday, August 17, 2024

Page 21 of 22

For directions to class locations, visit <https://www.llinova.org>.

Class: 24FA48 Connecting to Family, Friends, and the World! (2 Sessions)

Do you have a tablet or smart phone or want to learn more about using this technology? This class will teach you how to set up these devices, how to use apps (i.e., Next Door, Facebook, Siri, Face Time), and how to email and chat. Keeping secure on the internet will also be covered. The instruction focuses on simple steps that anyone can follow.

Date/Time: Fri, Dec 6, 13, 1:30 – 3:00 PM

Location: NOVA CN Bldg, Room 114

Class Size: Min. 10, Max. 20

Coordinator: TBD

Instructor: **MUN-WAI "MIKE" HON** is a professor at NOVA-Annandale and also taught at the University of Virginia and George Mason University. He has worked with law enforcement and intelligence agencies across security domains, with over 20 years' experience in internet technology. Professor Hon has published articles and focuses on making cybersecurity practical to students. He also leads a team at a non-profit science and technology company that concentrates on cloud security, data forensics, big data analytics, and FedRAMP (a compliance program that empowers U.S. government agencies to use modern cloud technology with an emphasis on security and protection of federal information).