



# LLI/NOVA Class Planning Worksheet

## Spring 2025

Class Number	Class Title	Fees	Date(s)	Time	Status
25SP01	Connecting to Family, Friends, and the World!		Fri, 1/10/25	1:30-3:00 PM	
25SP02	The Present and Future of The Panama Canal		Mon, 1/13/25	10:00-11:30 AM	
25SP03	The Birth of American Terrorism: White Supremacy and Lynching in the United States		Tue, 1/14/25	10:00-11:30 AM	
25SP04	Unlock the Power of Small Groups: Where Connections Come Alive! (Zoom)		Thu, 1/16/25	10:00-11:30 AM	
25SP05	Diabetes: When Sugar's Not So Sweet (Zoom)		Mon, 1/20/25	1:30-3:00 PM	
25SP06	Local African American History in Northern Virginia		Tue, 1/21/25	1:30-3:00 PM	
25SP07	Le Cordon Bleu Quick Classics	\$5	Thu, 1/23/25	1:30-3:00 PM	
25SP08	Ramadan in the Arab World		Fri, 1/24/25	1:30-3:00 PM	
25SP09	Write Your U.S. Military Story (Zoom)		Mon, 1/27/25	7:00-8:30 PM	
25SP10	CHATS - Curiosity		Mon, 2/3/25	10:00-11:30 AM	
25SP11	Captain William Bligh: Villain or Victim?		Mon, 2/10/25	10:00-11:30 AM	
25SP12	Emergency Alerts and Cable		Wed, 2/12/25	10:00-11:30 AM	
25SP13	Knife Skills 101	\$2	Wed, 2/12/25	1:30-3:00 PM	
25SP14	Breathing Exercises for Better Brain Function		Tue, 2/18/25	10:00-11:30 AM	
25SP15	Intro to Excel (Zoom)		Tue, 2/18/25	7:00-8:30 PM	
25SP16	Park Ranger Grab Bag - Part 1 (Zoom)		Wed, 2/19/25	1:30-3:00 PM	
25SP17	Here at The Algonquin (Zoom)		Mon, 2/24/25	1:30-3:00 PM	
25SP18	Park Ranger Grab Bag - Part 2 (Zoom)		Fri, 2/28/25	1:30-3:00 PM	
25SP19	The Man Behind Cinema Arts: Running an Independent Movie Theater in the Age of Megaplexes		Mon, 3/3/25	1:30-3:00 PM	
25SP20	How Christianity Lost Its Jewish Roots		Tue, 3/4/25	10:30-11:30 AM	
25SP21	The Science of Learning		Tue, 3/4/25	1:30-3:00 PM	

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25SP22	CHATS - Conflict and You		Mon, 3/10/25	10:00-11:30 AM	
25SP23	Great Decisions 2025 (Zoom)	\$36	Wed, 3/12/25	10:00-11:30 AM	
25SP24	Park Ranger Grab Bag - Part 3		Wed, 3/12/25	1:30-3:00 PM	
25SP25	Tragedy, Horror, and Morality		Fri, 3/14/25	1:30-3:00 PM	
25SP26	Slow Cooker Recipes That Serve Two	\$5	Thu, 3/20/25	1:30-3:00 PM	
25SP27	Let's Share Poetry		Fri, 3/21/25	1:30-3:00 PM	
25SP28	Park Ranger Grab Bag - Part 4		Wed, 3/26/25	1:30-3:00 PM	
25SP29	Trailblazing Women Artists (Zoom)		Thu, 3/27/25	10:00-11:30 AM	
25SP30	Building a Better Neck		Tue, 4/1/25	10:00-11:30 AM	
25SP31	CHATS - Challenging Assumptions		Mon, 4/7/25	10:00-11:30 AM	
25SP32	A Consequential Presidency: Harry Truman and the 1948 Election		Tue, 4/8/25	10:00-11:30 AM	
25SP33	The Sinking of the Titanic		Mon, 4/14/25	10:00-11:30 AM	
25SP34	Recipes from Miss Mary Bobo's Boarding House	\$5	Wed, 4/16/25	1:30-3:00 PM	
25SP35	Reincarnation: East Meets West		Thu, 4/17/25	1:30-3:00 PM	
25SP36	Interpersonal Conflict: The Good, The Bad, and The Opportunity for Understanding		Fri, 4/18/25	10:00-11:30 AM	
25SP37	Celebrating John Williams (Zoom)		Mon, 4/21/25	1:30-3:00 PM	
25SP38	The Science of Your Life Part II		Tue, 4/22/25	10:00-11:30 AM	
25SP39	Meadowlark Botanical Gardens Spring Tour		Tue, 4/29/25	10:00-11:30 AM	
25SP40	To See is To Think: Looking Closely at American Art		Tue, 4/29/25	1:30-3:00 PM	
25SP41	Jane Austen: Appreciating Pride and Prejudice		Tue, 5/6/25	1:30-3:00 PM	

Class Number	Class Title	Fees	Date(s)	Time	Status
25SP42	Using Creativity as a Tool to Promote Healing (Zoom)		Mon, 5/12/25	1:30-3:00 PM	
25SP43	The Birds of Paradise: The Epitome of Sexual Selection		Wed, 5/14/25	10:00-11:30 AM	
25SP44	The Fabulous Katharine Hepburn (Zoom)		Mon, 5/19/25	1:30-3:00 PM	
25SP45	Some of My Favorite Recipes	\$5	Thu, 5/22/25	1:30-3:00 PM	
25SP46	A Taste of Istanbul and More Turkey, Too! (Zoom)		Wed, 5/28/25	10:00-11:30 AM	