



LLI Fall 2025 Catalog

Class: **25FA01** **The Integrative Power of the Body (1 Session)**

This class introduces the philosophy behind acupuncture and holistic medicine, emphasizing the integrated healthcare model. Drawing from ancient traditions and modern integrative practices we will explore how a mind-body-spirit approach to medicine can support balance and overall well-being. Participants will learn current theories on how acupuncture may influence the body and gain insight into how an integrative model encourages a more connected view of health.

Dates/Time: Fri, Sept 5, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

Instructor: **DR. HALEY PARKER** is a licensed Doctor of Acupuncture and Chinese Herbal Medicine and director of clinical operations at Virginia University of Integrative Medicine, where she leads clinical education across multiple campuses and develops outreach programs to serve underserved communities and support student growth. Dr. Parker brings over a decade of experience in clinical practice, education, and advocacy with a focus on sports medicine, emotional health, and holistic care.

Class: **25FA02** **Practical AI (1 Session)**

Artificial Intelligence is everywhere and in everything. What do people need to know about AI, and how can one benefit in practical ways while at the same time appreciate and understand its challenges and dangers? This class will provide an introduction to the basics of AI, as well as its various applications. Real-life examples will be highlighted.

Date/Time: Tues, Sept 9, 10:00 am - 11:30 am.

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Bonnie Becker

Instructor: **DR. ALAN R. SHARK** is an associate professor for the School of Policy and Government at George Mason University and a core faculty member at the Center for Human AI Innovation in Society (CHAIS). He is a Senior Fellow of the Public Technology Institute (PTI), where he has served as executive director for over twenty years, a National Academy of Public Administration Fellow, founder and Co-Chair of the Standing Panel on Technology Leadership, and executive committee member of ASPA's Section on Science and Technology in Government. He has over 12 book titles bearing his name, including his latest book, "Artificial Intelligence – A Primer for State and Local Government Technology and Public Management," second edition, and the textbook "Technology and Public Management," second edition. Shark speaks and writes on all matters related to artificial intelligence, including technologies, policy, governance, and applications. His podcast and blog can be found at <https://sharkbytes.net>.

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

Class: 25FA03 Musicians of the Forest (1 Session) (Zoom)

Presented by Virginia State Parks. Orthopterans are insects of the Orthoptera, such as grasshopper or cricket. We will explore the Orthopterans' ability to stridulate, including the music's purpose and the anatomy that makes it possible. We will also learn about the noise-making organ in cicadas and familiarize ourselves with a few of the common species in our area by learning their species-specific songs.

Date/Time: Wed, Sept 10, 1:30 pm – 3:00 pm

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debi Hunsberger

Instructor: **CHRISSY KOSMICKI** is the lead interpretive ranger at Leesylvania State Park. She started working as a ranger in February 2024. Prior to working for LSP she worked as a science instructor for four years for the Prince William County Science in the Park Program. She became a Virginia Master Naturalist in 2018. Her undergraduate degree is in environmental science and her master's degree is in education. She considers herself a lifetime learner who is in awe of nature and continually humbled by how very little she knows.

Class: 25FA04 Clara Barton from War to Disasters (1 Session)

Clara Barton was one of the first women to work for the federal government. While living in Washington, D.C., and working at the U.S. Patent office, the Civil War broke out. As an untrained caretaker, she provided nursing care to the soldiers and earned the nickname “Angel of the Battlefield”. Later, on a trip to Switzerland, she learned about the Red Cross movement and volunteered, aiding those who survived disasters. This led to her founding the U.S. Red Cross in 1881. She served as president of the U.S. Red Cross for 23 years.

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

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 50

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** "grew up with Clara Barton" and has always been intrigued by Barton's accomplishments. One of her first memories was a family trip from Falls Church to Fairfax Station to participate in a historical marker dedication for Clara Barton. Mary's father had been involved in researching/writing the marker and as a historian for the Red Cross, he wrote several pamphlets and books about Clara Barton.

Class: 25FA05 The Biology and Evolution of Color Vision (2 Sessions)

To humans, the world is a bright and colorful place. Other animals see it differently -- with either more color or less. How do we see color? How did we evolve to see color? Why do other species see color differently? Let's delve into the physiology of color vision. One session will review how we see, and particularly how we see in color. In the second session we will use a case study to investigate how color vision evolved in a variety of Ape species.

Dates/Time: Mon, September 15 & October 27, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 104

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

Class Size: Min. 10, Max. 50

Coordinator: Debbie Cohen

Instructors: **DR. 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). She had been a professor of biology at NOVA-Loudon since 2009 where she teaches Bio 101 and Anatomy and Physiology. She has proudly authored two lab manuals and is passionate about increasing civic engagement on scientific issues.

Class: 25SU15 Elder Mediation: Preserving Dignity, Resolving Disputes, and Planning Ahead (1 Session) (Rescheduled from Summer) (Zoom)

As individuals age, disputes involving finances, health care, housing, estate planning, and shifting family roles often intensify—exacerbated by cognitive or physical decline and constrained resources. This interactive session introduces **elder mediation**, a structured, confidential process designed to resolve such conflicts before they escalate into legal action or strained relationships. Participants will examine case studies and learn practical strategies to clarify decision-making, preserve autonomy, and strengthen communication among family members, caregivers, and service providers. This course empowers participants to manage transitions with dignity, foresight, and legally informed strategies for conflict prevention and resolution.

Dates/Time: Tues, Sept 16, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **BRANDON BASTIAN** is the executive director of Piedmont Peace Center, a nonprofit community mediation center that serves individuals, families, organizations, and communities through conflict management, mediation services, and learning programs.

Class: 25FA06 Joint Health: You Rest, You Rust (1 Session)

Our bodies are designed for movement. Our bodies begin aging as soon as we stop growing in our early 20s. Learn about joints. What is normal, what is not? How can we assist joint health through movement, posture, and exercise? If you have limited motion in a joint(s), need an assistive device, or have no physical complaints and want to stay that way, this talk is for you.

Dates/Time: Tues, Sept 16, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 20

Coordinator: Ellen Wallace

Instructor: DR. PATRICE WINTER, PT, DPT, MHA, FAAOMPT, is a professor at George Mason University in the Department of Global and Community Health where she teaches health related curriculum with emphasis in public health, disease, healthy living, and aging well. She is Practicum Coordinator for the Masters of Public Health program placing students regionally as well as internationally and was the Life Planning/Eldercare Coordinator at Mason from 2007-2014. She continues to be actively involved in health promotion programs across the university. Dr. Winter practiced physical therapy for over 35 years and was a spokesperson for the American Physical Therapy Association for almost twenty years.

Class: 25FA07 Micro and Nanoplastics and Emerging Risks for Human Health, Animals, and Plants (1 Session)

We will explore the emerging risks and evidence about the effects of plastics (macro-, micro-, and nano plastics: MNP) on human health, human fertility, and living organisms in nature. Links between MNP and the increasing number of diseases of unknown origin, impacts on fertility, and negative effects on the proper functioning of several animals and plants will be discussed. Measures to address the plastic pandemic, progress in the material sciences towards substitutes for MNPs, and efforts to reduce plastics through international treaties and agreements, and national or local regulations will also be covered.

Date/Time: Wed, Sept 17, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Debbie Cohen

Instructors: **CHARLES O. PANNENBORG, M.D.**, is the former chief health advisor and chief health scientist for the World Bank, Washington, D.C.

RICHARD SEIFMAN is an Honorary Diplomat of the American Veterinary One Health Society (AVOHS), a former World Bank senior health advisor, and former senior U.S. Foreign Service Officer for USAID.

Class: 25FA08 Taxes and Market Volatility (1 Session)

Taxes and market fluctuations can significantly impact financial security. In this seminar, Kelly Campbell, CFP®, ChFC®, CMFC®, AIF®, will walk you through timely strategies to help reduce tax exposure, protect investments, and create a retirement plan that stands strong - no matter what the market brings.

Date/Time: Thurs, Sept 18, 1:00-3:30 PM (**Note Time**)

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 35

Coordinator: Patricia Brennan

Instructor: **KELLY CAMPBELL** has been in financial services for more than 35 years. Prior to starting Campbell Wealth Management, which is now CAPTRUST, he realized that many financial services companies only focused on investments. As fiduciaries, Kelly and his team focus on working with people aged 55 or older, in or near retirement, providing financial, retirement, income, tax, and estate planning, along with investment management.

Class: 25FA09 State of the U.S. Economy (1 Session)

This class will provide a timely overview of the nation's current economic landscape by LLI favorite, Dr. Min. He will examine key indicators like inflation, employment, GDP, and interest rates, while exploring the impact of government policy and global factors. Designed to offer insight into where the economy stands and where it may be headed, this lecture is informative to anyone with or without a background in economics.

Date/Time: Fri, Sept 19, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

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

Coordinator: Scott Campbell

Instructor: **DR. JOHN MIN** is the chief economist at Monex USA, where he is responsible for working with corporate clients to mitigate and manage their FX risks. Prior to joining Monex USA, he was the founder and chief economist at World First USA, and served as the VP of sales at Ruesch International, an international financial institution based in Washington, DC. Throughout his career, John has consulted for companies such as JP Morgan Chase, Everbank, Management Concepts, Western Union, AFEX, and Ebury. Outside work, John teaches economics at NOVA and advises startup fintechs including 1Konto and Clearshift. He earned his MBA from George Washington University and his doctorate in economics from George Mason University.

Class: 25FA10 Principles of Stoicism (1 Session)

The ethical theories of the Stoics, a philosophical school founded by Zeno of Citium in approximately 300 BCE, are experiencing something of a contemporary revival in the popular culture. This class will explore the fundamental metaphysical and logical principles that underlie the ethical theories and how those fundamental principles might inform the way we can view Stoicism today.

Date/Time: Mon, Sept 22, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Anna Dixon

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 has taught courses on political philosophy, ancient Greek philosophy, and philosophical approaches to happiness.

Excursion: Planet Word Museum

Planet Word September 24, 2025 at 11:00 AM

Planet Word is a 2024 Tripadvisor Travelers' Choice Award winner. Planet Word is the only museum in the country dedicated to inspiring a love of words and language.

Planet Word's home is in the Franklin School in our nation's capital. Originally opened in 1869 and completely rehabilitated, the 51,000-square-foot, five-story historic icon is located on Franklin Square at 13th & K streets in Northwest Washington, D.C.

HAVE FUN: Planet Word offers unique, participatory, changing, and innovative experiences with language and words. **BE PLAYFUL:** Planet Word engages participants in physical, social, and cognitive play to increase understanding of language. **UNEXPECTED:** Spontaneous learning takes place around every corner of the museum. Free online guide of museum exhibits and map.

ADMISSION: General admission is free, with a suggested \$15 donation to support this private museum. **FOR ENTRY, YOU NEED TO RESERVE A PASS ON PLANET WORD'S WEBSITE** <https://planetwordmuseum.org>

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

DATE AND TIME: September 24, 2025 at 11:00 AM See ADMISSION section below for obtaining a reserved pass.

YOU MUST RESERVE YOUR ENTRANCE PASS IN ADVANCE and AS SOON AS POSSIBLE. Be sure to select September 24 at 11:00 AM for your reserved pass. <https://PlanetWordMuseum.org>

LOCATION: 925 13th Street NW, Washington, D.C. 20005. Entrance on K Street

Trip Leader: Suzanne Holland

If you have questions, you can contact Carol Fagnani culturalexursions@lino.org

Class: 25FA11 The Golden Era of the Washington Post (1 Session)

Longtime Washington Post columnist Bob Levey revisits the best days of the newspaper, and shares insider stories about executive editor Ben Bradlee, reporters Woodward and Bernstein, and publisher Katharine Graham. He'll also describe--and sell copies of--his novel, "Larry Felder, Candidate", which is largely about 20th century Washington journalism.

Dates/Time: Wed, Sept 24, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructors: **BOB LEVEY** was one of The Washington Post's most popular columnists between 1981 and 2004. His column, "Bob Levey's Washington," was chosen seven times by Washingtonian Magazine as one of the best in Washington. He has also had long parallel careers as a talk show host and TV commentator. Levey has taught journalism at six major research universities. He is the author or co-author of four books. He has spoken to college, social, and business groups all over the country.

Class: 25FA12 Nuclear Arms Control Regime: Current Treaty Obligations (1 Session)

Amid recent violent conflict between or among nuclear powers, this course shall survey the current American and international legal framework concerning nuclear weapons. Identifying the five treaties or conventions (1963-2010) in force concerned with thermo-nuclear armament and discussing the unprecedented Russian invasion of Ukraine and Indian strikes on Pakistan, the course will provide timely reflection upon the accuracy and adequacy of existing doctrines of deterrence and compliance.

Date/Time: Fri, Sept 26, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **MARK R. ROYCE**, Ph.D., is Professor and Discipline Chair of Political Science at Northern Virginia Community College. His more recent book is "Ecclesiology, Idealism, and World Polity: The Concordats of the Apostolic See" (Cham, Switzerland: Palgrave Macmillan, 2024).

National Park Service – Grab Bag (1 Session)

Grab Bag Topic presented by the National Park Service.

Date/Time: Fri, Sept 26, 1:30-3:00 PM

Location: Mason District Governmental Center

Class Size: Min. 10, Max. 50

Coordinator: Debi Hunsberger

Instructor: An **NPS Representative** will present the class. Once topic information is known, it will be updated on the Event Calendar.

Class: 25FA13 Meadowlark Botanical Gardens Fall Tour (1 Session)

Late summer and early fall colors at Meadowlark Botanical Gardens will be the main attraction on your tour. Join in a guided tour leading you to the best sights of the 95-acre Meadowlark Botanical Gardens. We are going to get some good exercise, take in the sights and sounds of the Gardens, and discuss how the plants and animals are getting ready for the colder months. Be sure to wear good walking shoes and bring a bottle of water for this 75-minute walk over hilly nature trails.

Date/Time: Tues, Sept 30, 10:00-11:15 AM (**Note Time**)

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 25

Coordinator: Mary Lu Bednarsky

Instructor: **JULES MALONEY** serves as Meadowlark's Botanical Gardens' Program Manager, managing the Winter Walk of Lights, Camp Grow program, field trips, educational programming, and special events. Her experience acquired from 23 years at NOVA Parks and other positions involving teaching, training, communications, event planning, and customer service combined with her love of nature and gardening allows Jules to achieve Mark Twain's truth--"Find a job you enjoy doing, and you will never have to work a day in your life."

Class: 25SU12 Health Benefits of Ballroom Dancing (1 Session) (Rescheduled from Summer)

The physical and mental benefits derived from a year of ballroom dancing will be discussed in this personal talk by Arthur Simcox. Ballroom dancing enabled him to recover from a profound loss. The benefits Arthur will cover include social interaction with instructors and students, weight loss, increased energy level, learning dance vocabulary, participation in dance competitions, and reduction in the need for medication.

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

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Phyllis Liner

Instructor: **ARTHUR SIMCOX** is a U.S. Postal Service retiree and is widowed. He worked as part of a two-person team to train postal employees to repair mail processing equipment. Arthur has been a guest speaker at a technical

school about opportunities in the heating and air conditioning field. He has also coached soccer at the community sports level and done extensive volunteer work.

Class: 25SU05 Using Guided Imagery for Relaxation and Creativity (1 Session)
(Rescheduled from Summer)

Guided imagery is a highly effective tool used to regulate our sympathetic nervous system. In this session, experienced facilitators will provide enjoyable and light-hearted guided imagery activities designed to help relaxation and enhance creativity. The activities provided are designed for light fun and entertainment; participants may find themselves gaining new perspectives and insights.

Date/Time: Thurs, Oct 2, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 20

Coordinator: Anna Dixon

Instructor: **CAROLYN LAMM** is the coordinator of learning programs and restorative justice for Piedmont Peace Center, and has a background in education, systems change, and behavioral interventions. She has presented at many conferences and worked with many school systems across Virginia.

Class: 25FA14 Understanding Taxes in Retirement (1 Session)

The three biggest expenses in retirement are housing, health care, and taxes. Reducing those expenses, especially taxes, can greatly improve your retirement success. In this seminar, Kelly Campbell, CFP®, ChFC®, CMFC®, AIF®, will walk you through timely strategies to utilize the tax rules in your favor.

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

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **KELLY CAMPBELL** has been in financial services for more than 35 years. Prior to starting Campbell Wealth Management, which is now CAPTRUST, he realized that many financial services companies only focused on investments. As fiduciaries, Kelly and his team focus on working with people aged 55 or older, in or near retirement, providing financial, retirement, income, tax, and estate planning, along with investment management.

Visual & Performing Arts: Academy of St. Martin in the Fields at GMU

Join London's [Academy of St Martin in the Fields Chamber Ensemble](#) for a riveting program featuring Schubert's Octet in F major, D. 803, considered one of the greatest chamber works of all time; Francaix's witty Octet, commissioned as a companion piece to Schubert's Octet; and a special work commissioned by the Academy. Drawn from the principal players of the legendary orchestra the Academy of St Martin in the Fields (ASMF)—founded by the late English conductor and violinist Sir Neville Marriner with Joshua Bell serving as current music director—the chamber ensemble is directed/led by violinist Tomo Keller. Enjoy this “bravura music-making of a high order”

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(*Washington Classical Review*).

Reservations: Ticket availability begins August 1, 2025.

Date/Time: Fri, Oct 3, 8:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Visual & Performing Arts: Papermoon Puppet Theatre at GMU

Indonesia's innovative Papermoon Puppet Theatre presents a spellbinding, non-verbal puppetry work. Founded in 2006 by illustrator, writer, and theater performer Maria (Ria) Tri Sulistyani and visual artist Iwan Effendi, Papermoon has traveled the world with its mixed media productions that are personal, yet universally resonant. A bittersweet and hopeful piece, *Puno* tells the story of Tala, a young girl who is coping with her father's passing, exploring how we can hold and appreciate what has been left to us. Join us to "...delight in the innocence, the beauty, and the expert puppetry" (*The Sydney Morning Herald*).

Reservations: Ticket availability begins August 1, 2025.

Date/Time: Sat, Oct 4, 2:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 25FA15 Pirates: Myth vs. Reality (1 Session)

Become acquainted with the exciting, lucrative, difficult, and short lives of the scoundrels who sailed in search of plunder and how their legends conflict with historical records.

Date/Time: Mon, Oct 6, 10:30-11:30 AM (**Note Time**)

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 50

Coordinator: Arline Sachs

Instructor: **CHARLES McCLELLAND** has been a cruise line presenter for more than 15 years; he weaves the experiences of his many travels into his diverse and far-ranging discussions. During a career as a professional instructor, he has presented training to thousands of individuals throughout the United States and overseas. As a Georgetown University adjunct professor, Charles developed and presented post-graduate courses to a student body representing many countries and cultures.

LLI FALL POTLUCK PICNIC

LLI is having a picnic for its members at Roundtree Park near Annandale. There is a covered picnic area with tables, restrooms, and parking. LLI will provide hamburgers, hot dogs, veggie burgers, buns, and condiments. Members are asked to bring a side dish to share with the group, such as a salad, vegetables, fruit, chips, or dessert. Bring your own beverage - no alcohol is permitted at the park.

Date/Time: Mon, Oct 6, 12:30-3:30 PM (**Note Time**)

Location: Roundtree Picnic Center

Coordinators: Mary Alexander and Carol Fagnani

Details:

Cost: There is a \$10 fee per person (to be collected at the picnic) and **registration is required in advance (so we know how much to purchase)**. If you sign up for the picnic you will incur a \$10 charge whether you show up or not.

Volunteers Needed For: Check-In, Set-Up, Clean-Up, and Food Preparation (arrange the side dishes in categories), Grilling (two grills)

When you register, you will be asked to state: 1) the volunteer position you **would like to** fill; and 2) the side dish you plan to bring.

Class: 25FA16 Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr. (1 Session) (Zoom)

This course will focus on the life and career of New Jersey congressman Peter W. Rodino Jr. who became a national hero in 1974 for his steady and bipartisan leadership during the Nixon impeachment hearings. The son of an Italian immigrant, he transcended the poverty of Newark's Little Italy to become a lawyer, war hero, and chairman of the House Judiciary Committee. During his four decades on Capitol Hill Rodino played a major role in a variety of issues that continue to resonate today including immigration and civil rights. He worked closely with seven presidents and a wide variety of national figures including Dr. Martin Luther King. Rodino's life reflected the major contours of the last century. This course will examine the impact of these events in preparing him for his most challenging assignment.

Date/Time: Tue, Oct 7, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Derick Malis

Instructor: **DR. LAWRENCE SPINELLI** is the author of "Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr." which is the first Rodino biography. He held a variety of senior-level positions in the legislative and executive branches of the federal government including serving as press secretary for Congressman Rodino and then Senator Joe Biden.

Class: 25FA17 Just for Laughs (1 Session)

Stressed out by the news? Join class coordinator Steve Cohen for a session of joke telling, meme sharing, funny videos, and amusing anecdotes. Class participants will provide content for this class, so don't be shy.

Date/Time: Thurs, Oct 9, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 5, Max. 40

Coordinator: Steve Cohen

Instructor: **STEVE COHEN**, a retired veterinarian, better known for his Underwater Wonders video presentations, also has a sense of humor. He enjoys sharing jokes, funny illustrations and videos, with anyone willing to indulge him.

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

He has instituted "A Funny Thing Happened on the Way to the Forum" at our monthly forum meetings and is a willing audience for others who also enjoy humor.

Class: 25FA18 The Untold Story of Japan's Surrender During World War II (1 Session)

World War II ended in 1945 when Japan surrendered to the Allied Nations. While history describes a few key events leading to the surrender, the true story is more complicated and detailed than is generally known. Learn the true story of how World War II ended.

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

Location: NOVA CN Bldg, Room 117

Class Size: Min. 10, Max. 50

Coordinator: Ellen Wallace

Instructor: **BLANE AMPTHOR** 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 been an instructor with various organizations such as the Loudoun County Public Library, and senior communities. Blaine enjoys visiting sites related to his interests to gain a fuller understanding of events.

Class: 25FA19 Suddenly Single (4 Sessions) (Zoom)

This class will cover the issues generally experienced by someone who has experienced the ending of a relationship by separation, divorce, or death. We will explore the heart-wrenching and complex personal, social, and clinical issues , associated with an unplanned or abrupt ending of a relationship. We will provide a guide to rebuild a new identity and enhance self-confidence, self-esteem, and resilience.

Dates/Time: Mon, Oct 13, 20, 27; Nov 3 7:00-8:30 PM (Note Time)

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Andy Butler

Instructor: **EDWARD ANDREWS** has been a licensed psychotherapist, marriage and family therapist for more than 25 years. He has also been an adjunct assistant professor of psychology at NOVA for 26 years, and an assessor for marriage annulment cases. He has published articles on relationships, aging, and grief, and presented topics in mental health and addictions statewide and nationally. He is a member of the American Psychological Association, the Virginia Counselor's Association, the American Association of Marriage and Family Therapists, the American Society for Addiction Medicine, and the Association for Death and Education and Counseling, as well as other professional organizations.

**Class: 25SU07 CHATS - Connecting Humans and Telling Stories (1 Session)
(Rescheduled from Summer)**

If you are craving deeper conversation, meaningful connection, or a reason to step out and re-engage, we invite you to join us for a unique in-person experience with CHATS – Connecting Humans and Telling Stories. CHATS is a welcoming, hands-on experience that brings people together for guided, one-on-one conversations. You will discover
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how a few thoughtful questions can turn strangers into neighbors—and moments into memories. Genuine human connection supports brain health, reduces isolation, and boosts well-being – especially as we age. Whether you are outgoing or reserved, this class creates a safe space for everyone to feel included, respected, and heard. No scripts. No speeches. Just authentic connection.

Dates/Time: Tues, Oct 14, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 225

Class Size: Min. 10, Max. 20

Coordinator: Anna Dixon

Instructors: **BRANDON BASTIAN** is the executive director of Piedmont Peace Center, a nonprofit community mediation center that serves individuals, families, organizations, and communities through conflict management, mediation services, and learning programs. To learn more, request CHATS for your organization, or to donate to support our efforts, visit www.piedmontpeace.com.

CAROLYN LAMM is the coordinator of learning programs and restorative justice for Piedmont Peace Center. She has a rich background in education, systems change, and behavioral interventions. Carolyn has presented at many conferences and worked with many school systems across Virginia.

Class: 25FA20 African American Art Today (1 Session)

This lecture will delve into key themes and developments in African American art in the postmodern era, focusing on how artists have responded to and reshaped cultural narratives. We will examine influential movements and analyze the role of critical exhibitions that have helped define and expand the visibility of African American artists within the broader art world.

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

Location: NOVA CN Bldg, Room 225

Class Size: Min. 10, Max. 50

Coordinator: Phyllis Liner

Instructor: **NICOLE EVANS** is the program manager for the Mandel Grant at NOVA,. With a background in community-based fiber art, museum education, and academic advising, Nicole has developed innovative programs in both the arts and higher education. Her work has included leading a career readiness program for returning citizens in D.C., launching a bridge-to-college initiative for enlisted military members at Marine Corps Base Quantico, and planning community festivals. She holds an MFA from the University of Newcastle Upon Tyne and an MA in Higher Education from George Washington University.

Class: 25FA21 Assistive Technology for the Home and On the Go (1 Session)

Technologies have changed so much in the past 20 years, giving deaf and hard of hearing consumers better access to the world around them. We will explore telephones for home, flashing signal systems, listening devices, and apps for a tablet or smartphone. Debbie Jones, NVRC's Technology Manager, will discuss assistive technologies. Information about the Technology Assistance Program and other resources included.

Date/Time: Thurs, Oct 16, 10:00-11:30 AM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 25

Coordinator: Jan Pry

Instructor: **DEBBIE JONES** came to NVRC (Northern Virginia Resource Center for Deaf & Hard of Hearing Persons) in January of 1995 and is often the first point of contact for NVRC. She answers consumer questions such as where to find audiologists, sign language classes, interpreters, or support groups. Debbie is also in charge of the Demonstration Room and is the person to talk to about assistive devices and technology for people with hearing loss. Additionally, she provides technology training to individuals with hearing loss, as well as outreach training for businesses, agencies, and organizations that work with the deaf and hard of hearing.

Class: 25FA22 Speak Up and Be Heard: Simple Steps for Better Doctor Visits (1 Session) (Zoom)

Have you ever left a doctor's appointment wishing you'd asked more questions? You're not alone. In this friendly, interactive session, we'll share experiences and discover practical ways to improve communication during healthcare visits. Together, we'll explore simple techniques to help you prepare for appointments, express your concerns clearly, and understand your doctor's instructions better, using dialogic communication principles. You'll leave with a handy toolkit of conversation starters, question prompts, and note-taking tips that can make your very next medical appointment more productive. Join us for this supportive discussion where we can learn from each other and build confidence for more satisfying healthcare conversations.

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

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

Instructor: **CAROL QUADE** is a communication educator with a Ph.D. from the University of Arizona and has been part of the NOVA-Annandale Communication Studies and Theater faculty, specializing in communication theory and public speaking.

Class: 25FA23 Speaking Biblically (4 Sessions)

There are many versions of the scriptures today, both Hebrew and Christian, in which key words from both scriptural Hebrew and Greek, when translated into English, no longer encompass their early meanings, subtleties, and nuances. Various English translations often result in differing understandings of biblical teachings.

In the Spring of 2024, we began an examination of certain key words and concepts from the scriptures, both Hebrew and Christian. In these sessions we will continue with the examination of key words to include spirit (of God), shekinah, holiness, wisdom, worship, etc., and examine the etymology and ancient uses of these words to get a better understanding of the scripture writer's intent. Previous sessions are not a prerequisite for this continued study.

Date/Time: Tues, Oct 21, 28; Nov 4, 18, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 97

Coordinator: Arline Sachs

Instructor: **JOHN RYBICKI** lectures for many organizations including LLI, sharing his expertise in comparing religions and their philosophers, and the resulting beliefs today.

Visual & Performing Arts: Hubbard Street Dance Chicago at GMU

Returning to the Center for the Arts for the first time since 2008, [Hubbard Street Dance Chicago](#) aims to awaken the human spirit through contemporary dance. “A perfect storm of movement, music and choreography” (*Los Angeles Times*), Hubbard Street has performed globally in 19 countries and 44 states, presenting the works of today’s leading choreographic voices. “One of America’s foremost modern-dance repertory companies (*The New York Times*) should not be missed.”

Reservations: Ticket availability begins August 1, 2025.

Date/Time: Sat, Oct 25, 8:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Visual & Performing Arts: Limón Dance Company at GMU

Founded in 1946, the [Limón Dance Company](#) is considered one of the world’s greatest modern dance companies. Acclaimed for its dramatic expression, technical mastery, and expansive, yet nuanced movement, the Limón Dance Company illustrates the timelessness of acclaimed dancer and choreographer José Limón’s work. In its Center for the Arts debut, the Company’s repertory includes a special performance of *Missa Brevis* featuring students from George Mason University [School of Dance](#). Become entranced by “an integral part of American dance history” (*The New York Times*) with Limón Dance Company!

Reservations: Ticket availability begins August 1, 2025.

Date/Time: Sat, Nov 1, 8:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 25FA24 The Classic and New Seven Wonders of the World (1 Session)

Discover the seven wonders of the ancient world and learn about the new seven wonders of the world.

Date/Time: Mon, Nov 3, 10:30-11:30 AM (Note Time)

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 97

Coordinator: Arline Sachs

Instructor: **CHARLES McCLELLAND** has been a cruise line presenter for more than 15 years; he weaves the experiences of his many travels into his diverse and far-ranging discussions. During a career as a professional instructor, he has presented training to thousands of individuals throughout the United States and overseas. As a Georgetown University adjunct professor, Charles developed and presented post-graduate courses to a student body representing many countries and cultures.

Class: 25FA25 Emergency Preparedness (2 Sessions)

Be ready for emergencies. Act ahead of time to be ready for an emergency (prepare). This helps protect life and property in an emergency (respond), rebuild from an emergency (recover), and mitigate or minimize the effects of

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

emergencies. This workshop helps prepare for emergencies using four actions to take that are effective-creating plans, being informed, building kits, and getting trained. These actions can reduce the potential impact of emergencies (disasters) to save lives and reduce trauma.

Date/Time: Tues, Nov 4, 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 25

Coordinator: Ellen Wallace

Instructor: **MARCO JOHNSON** has served for over fifteen years with the American Red Cross in several roles including National Capital & Greater Chesapeake Region Reunification Program Lead, Shelter Supervisor, Preparedness Program Volunteer Lead, delivering Community Preparedness Education, Be Red Cross Ready Activities, Hands-Only CPR Demonstrator, Sound the Alarm, and Home Fire safety. He is an instructor for Disaster Cycle Services courses, including Preparedness, Specialty Vehicles, Mass Care, Reunification, Sheltering, Feeding, and Supervising the Disaster Workforce (Disaster Supervision Fundamentals).

Visual & Performing Arts: **360 ALLSTARS at GMU**

In its debut at the Center for the Arts, supercharged urban circus [360 ALLSTARS](#) combines spectacular dancing, beatboxing, acrobatics, BMX biking, and more in a fusion of extraordinary artistry emerging from street culture. Boasting a stellar international cast of world champion and world record-holding athletes and artists, the group has performed for sold-out crowds worldwide including runs on Broadway, at the Sydney Opera House and the Edinburgh Fringe Festival. Seen by over one million people since its creation over a decade ago, 360 ALLSTARS entertains audiences of all ages!

Reservations: Ticket availability begins August 1, 2025.

Date/Time: Sat, Nov 8, 4:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: **25FA26 Soil: Is it Just Dirt? (1 Session)**

Soil is important for the health of any ecosystem. This talk will talk about the different types of soils, explain why soils actually need protection, and answer why they are important for a sustainable earth.

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

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Mary Alexander

Instructor: **MARY ALEXANDER** is Virginia Master Naturalist with a Natural History Field Studies certificate from the USDA Graduate School. She has worked for the Fairfax County Park Authority and at a variety of parks and nature centers throughout the US, including Grand Teton National Park, Massacre Rock State Park in Idaho, Sky Meadows State Park in Delaplane, VA, and the Dora Kelley Nature Center in Alexandria. She and her husband have been avid butterflyers since landscaping their backyard to attract butterflies 30 years ago.

Excursion: Guided Tour of Historic Blenheim

A guided tour of Historic Blenheim offers visitors the chance to see graffiti written on the walls over 160 years ago by hundreds of Union soldiers during the Civil War. Visitors will learn the stories of some of the 127 identified soldiers who signed the walls as well as the story of the people who lived there during the war. The tour will be 1.5 hours and will involve walking uphill to the historic house from the Civil War Interpretive Center.

Registration: The event is open to members and guests. Members and guests must register on the LLI website so we know how many will be attending.

Transportation: This is a meet-up at the venue, independent/carpool. You can carpool or meet the group there. If you are interested in being a driver or participant in a car pool, contact the Trip Leader.

Accessibility: The Civil War Interpretive Center is barrier-free; and the historic house has a ramp to the first floor. Seating is available for everyone in the former, and limited seating is available in the latter.

Date/Time: Thu, Nov 13, 10:00 AM

Location: 3610 Bleinheim Boulevard, Fairfax, VA 22030

Event Size Min. 8, Max. Unlimited

Trip Leader: Bill Tuceling

Class: 25FA27 Building Permits 101 (1 Session)

Planning a home renovation project that requires a Fairfax County building permit? Learn about the process and how to save time and money. This event includes a presentation and a question-and-answer session for homeowners, contractors, engineers, architects, and more. The presentation explains building, electrical, plumbing, and mechanical permit requirements and how to obtain building permits.

Date/Time: Tues, Nov 18, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 50

Coordinator: Patricia Brennan

Instructor: **JILL WEST** has been providing permit training for the past 10 years on behalf of Fairfax County's Land Development Services.

Class: 25FA28 Dao, Zen, and Creativity (2 Sessions) (Zoom)

Unlock the secrets of Dao and Zen by exploring the teachings embedded in East Asia's celebrated masterpieces. Whether you're a poet, artist, musician, or someone who appreciates art, this workshop explains how Dao and Zen are reflected in the finest examples of East Asian poetry (including haiku), painting, music, and Tai Chi. Participants will explore the principles of Qi (vital energy), flow, balance, and transformation as demonstrated in these art forms. Gain insights into how ancient traditions can elevate both creativity and appreciation. By studying these masterworks, you'll discover fresh perspectives and ideas to integrate timeless principles into your own artistic journey or deepen your connection to the art you admire. Participants will learn Tai Chi, write a short poem, and do some calligraphy.

Date/Time: Tues, Dec 2, 9, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Judy Robison

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

Instructor: **DAWN LI**, Ph.D., has practiced Tai Chi, Qigong, and meditation for over twenty years and taught workshops in Northern Virginia. She came to the practice when she stumbled into a Qigong for Health workshop at Peking University in China in 1987. Instead of focusing on physical movements, she inspires learners to discover their own rhythm and tune into their body's wisdom and healing power. Dawn includes chants, music, poetry, and calligraphy in her practice and instruction. In addition to her workshops, she has taught a variety of college courses, is an entrepreneur, and the author of "Song of a Lotus Leaf" and managing editor of "Poetic Medicine in the Time of Pandemic: A Collection of Poems from Around the World".

Class: 25FA29 Photography and the Black Arts: Vision, Identity, and Revolution (1 Session) (Zoom)

Discover the powerful role of photography in shaping the Black Arts Movement between 1955 and 1985. In this 90-minute Zoom session, Anna Dixon will introduce participants to the artists, themes, and social forces behind the National Gallery of Art exhibition *Photography and the Black Arts Movement, 1955–1985*. Together, we'll explore how photography documented Black life, advanced social justice, and helped define cultural identity during a transformative period in American history. The exhibition encompasses more than 150 works by over 100 artists to reveal how photography became both art and activism—an organizing tool, a community builder, and a catalyst for change. From intimate images of everyday Black life to iconic photographs of civil rights protests, the exhibition shows how artists turned the lens into a vehicle of cultural pride and social justice.

An **optional in-person visit to the exhibition** will follow, offering participants the chance to experience the works firsthand and continue the conversation in the galleries with Anna as guide.

Date/Time: Mon, Dec 8 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Anna Dixon

Instructor: **ANNA DIXON** has taken numerous courses and workshops at Northern Virginia Community College (NOVA) and with local art leagues and associations. She exhibits her work in the region, as an avocation, and has served as a National Gallery of Art docent for almost three decades. Anna is a longtime member and officer of LLI/NOVA and a retired senior executive from both federal government and corporate positions.

Class: 25FA30 How Islam Changed the Status of Women (1 Session)

This session will view women pre-Islam, (Jahiliya) and will discuss the changes that women have experienced since the Rise of Islam. We are focusing on Arab women in the Arabian Peninsula, the birthplace of Islam.

Date/Time: Wed, Dec 10, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 104

Class Size: Min. 10, Max. 50

Coordinator: Patti Volz

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: 25FA31 The Biology of Meaning: Decoding the Evolution of Symbols from Nature to Culture (1 Session)

Join Professors Karen Bushaw-Newton and Ilya Tëmkin for an illuminating journey through the secret lives of symbols in *The Biology of Meaning*. In this class, we will decode the origins and transformations of iconic biological symbols—like the Tree of Life, the serpent-entwined caduceus, and the familiar symbols for male and female among others—and uncover the cultural, historical, and scientific narratives they carry. Blending the rigor of evolutionary biology with the intrigue of symbology, each session will connect the dots between ancient imagery, scientific discovery, and modern understanding, all while inviting lively discussion and reflection. Come ready to look at the everyday world with new eyes—and maybe even solve a few mysteries along the way.

Date/Time: Thurs, Dec 11, 1:30-3:00 PM

Location: NOVA CN Bldg, Room 231

Class Size: Min. 10, Max. 50

Coordinator: Mary Alexander

Instructor: **DR. ILYA TËMKIN** received his B.S. from Columbia University and his Ph.D. from New York University, both in biology. He then did his postdoctoral work at the American Museum of Natural History (New York), National Museum of Natural History (Smithsonian Institution, Washington D.C.), and Muséum National d'Histoire Naturelle (Paris). Ilya is an interdisciplinary scientist who studies how evolution works in nature and in human culture in the general framework of the hierarchy theory. Dr. Tëmkin is assistant professor of biology at NOVA.

DR. KAREN BUSHAW-NEWTON received her B.S. with honors in Microbiology and her Ph.D. in Ecology from the University of Georgia. Her research in microbial ecology and aquatic systems has taken her from the Beaver Ponds in northern Canada, to the coastal and inland waters of Georgia, and the mid-Atlantic including the Patuxent and Anacostia Rivers. For several years she has been the co-lead for NOVA's Night of SCIENCE and the ARTS! K-12 program and a strong advocate for outreach. She has been a researcher, a consultant in the energy industry, and has been a college professor for over two decades.