LIFELONG LEARNING INSTITUTE OF VIRGINIA TECH®



CONTINUING AND PROFESSIONAL EDUCATION
VIRGINIA TECH

FALL 2026 CATALOG

CALENDAR

AUG. 14 Advance membership closes

AUG. 19 Online and Phone Registration Opens 9:30 am

SEPT. 8 Program Begins

Visit **cpe.vt.edu/lifelonglearning** for details and updates

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Jim and Gail Lucas

Welcome to LLI of Virginia Tech

This year, LLI membership offers more value than ever. In addition to our diverse selection of courses, lectures, and events, members now enjoy access to even more free learning opportunities throughout the term. Whether you're exploring a new interest, deepening your knowledge of a favorite subject, or connecting with fellow learners, you'll find countless ways to learn, engage, and grow. Discover the many experiences that await you through the Lifelong Learning Institute of Virginia Tech.



LLI co-founders Pat Hyer and Jerry Niles

REGISTRATION OPENS WEDNESDAY, AUGUST 19 AT 9:30AM

Register online by visiting the LLI Home page at **www.cpe.vt.edu/lifelonglearning** and clicking REGISTER.

This is the fastest way to register. We recommend registering online whenever possible.

SCAN TO REGISTER

Register by phone by calling **540-231-5182.**

Please note that there will be no walk-in or mail-in registration for fall.

Need step-by-step instructions for registering online?
Scan this QR code or visit **cpe.vt.edu/lifelonglearning/membership/instructions.html**.

SCAN FOR INSTRUCTIONS

THE LIFELONG LEARNING INSTITUTE OF VIRGINIA TECH

The Lifelong Learning Institute of Virginia Tech (LLI) is a program of Virginia Tech Continuing and Professional Education (CPE) that offers intellectual, cultural, and social experiences for adults age 50 and older. Supported by member volunteers and enriched by the academic and community resources of Virginia Tech, the New River Valley, and beyond, LLI promotes lifelong learning, engagement, and connection.

CONTACT INFORMATION

CPE Registration: 540-231-5182

www.cpe.vt.edu/lifelonglearning

lifelonglearning@vt.edu

facebook.com/vtlifelonglearning

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LLI Fall 2026

COURSES AT A GLANCE

See the LLI website and online catalog for full course and event descriptions:
www.cpe.vt.edu/lifelonglearning

Classes generally meet once a week on the same day; but note occasional gaps in date sequences, which may be necessary to accommodate instructor and classroom availability.

TERM I: Classes begin September 14-October 23

MONDAY

19. Drawing 102
Bonnie Moreno
1:30 PM-3:00 PM
6 weeks: 9/14, 9/21, 9/28, 10/5 10/12, 10/19
Blacksburg Community Center

22. Glass Flower-Making
Paula Golden and Joselin Landry
1:00 PM-3:00 PM
2 weeks: 9/28, 10/26
First class instructor's home; second class Blacksburg Community Center

41. Learning to Love the New River Valley
Ellen Woodall
11:00 AM-12:30 PM
5 weeks: 9/21, 9/28, 10/5, 10/12, 10/19 • CRC, Concept Room

48. Appreciating Australian Grape Varieties
Randall Horst
3:00 PM-4:30 PM
6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 • Vintage Cellar

50. Introduction to Juggling
Michael Abraham
9:00 AM-10:00 AM
4 weeks: 9/14, 9/21, 9/28, 10/5
Blacksburg Community Center

56. Improving Quality of Life for Seniors
Julia Whaley, Kenny Harrah, Richard Shepherd and Ray Parks
4:00 PM-5:30 PM
4 weeks: 9/21, 9/28, 10/5, 10/12
CRC, Concept Room

61. The Zombie Plague: What Doomsday Infections Can Teach Us About Epidemiology
John Maurer
9:00 AM-10:30 AM
6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 • CRC, Concept Room

TUESDAY

4. Creative Writing: The Elements of Fiction
Ed Falco
3:00 PM-4:15 PM
6 weeks: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20 • CRC, Curiosity Room

15. Singing for Seniors
Patrice Yearwood
11:00 AM-12:15 PM
6 weeks: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10
St. Michael's Lutheran Church

27. Sampler
Molly McClintock
9:00 AM-10:15 AM
4 weeks: 9/22, 9/29, 10/6, 10/13
Zoom

38. *The Twilight Zone:* Social Justice in the Fifth Dimension
Karen Hager
9:00 AM-10:30 AM
5 weeks: 9/22, 9/29, 10/6, 10/13, 10/20 • CRC, Concept Room

51. Learn to Play Pickleball
Derry Hutt
10:00 AM-11:30 AM
5 weeks: 9/15, 9/22, 9/29, 10/6, 10/13
Blacksburg Community Center

62. Bugs and Us: Insects and Our Culture
Curt Laub
1:00 PM-2:00 PM
6 weeks: 9/22, 9/29,10/6, 10/13, 10/20, 10/27
CRC, Concept Room

64. Time for Orthopedic Surgery? Making Good Choices Through Shared Decision-Making
Laurie Nair
3:00 PM-4:30 PM
6 weeks: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 • CRC, Concept Room

WEDNESDAY

23. Appliqué a Queen Anne's Lace Design
Paula Golden and Joselin Landry
11:00 AM-1:00 PM
3 weeks: 9/30, 10/7, 10/14
CRC, Curiosity Room

36. Big Ideas Book Discussion Group: C. Thi Nguuyen's *The Score*
Kelly Trogdon
3:00 PM-4:00 PM
5 weeks: 9/23, 9/30, 10/7, 10/14, 10/21 • CRC, Concept Room

37. How Anthropology Connects Our Past and Present
Steve Gerus
1:00 PM-2:30 PM
6 weeks: 10/14, 10/21, 10/28, 11/4, 11/11, 11/18
CRC, Concept Room

46. Pasta in Two Cuisines
Gordon Yee and John Morris
5:00 PM-6:30 PM
2 weeks: 9/16, 9/23
Blacksburg Presbyterian Church

49. Appreciating Australian Grape Varieties
Randall Horst
3:00 PM-4:30 PM
6 weeks: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 • Vintage Cellar

58. Learning to Lead: Practical Tools and Proven Strategies
Yara Banks
9:00 AM-10:30 AM
5 weeks: 9/16, 9/23, 9/30, 10/7, 10/21 • Zoom

THURSDAY

9. Virginia Writes Murder: A Mystery Sampler
Britton Gildersleeve
11:00 AM-12:30 PM
5 weeks: 9/24, 10/1, 10/8, 10/15, 10/22 • Zoom

11. Italian for Travelers
June Stubbs
1:00 PM-2:30 PM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22 • CRC, Curiosity Room

16. The Great MGM Musicals of the 1940s and 1950s
Seth Davis
11:00 AM-12:30 PM
5 weeks: 9/24, 10/1, 10/8, 10/15, 10/22 • CRC, Concept Room

26. Floral Design 101
Paula Knapp
9:00 AM-10:30 AM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
Christiansburg Recreation Center

54. Ancestral Footprints: Turning Family Research into Lasting Legacies
Madeline Hoge
1:00 PM-2:30 PM
3 weeks: 9/24, 10/1, 10/8
CRC, Concept Room

55. Planning and Maintaining a Fall Garden
Erica Jones
9:00 AM-10:15 AM
5 weeks: 9/24, 10/1, 10/15, 10/22, 10/29 • CRC, Concept Room

63. Love Apples, Lumpers, and Mary Jane: Surprising Facts about Six Economically Important Plants
Richard Veilleux
3:00 PM-4:30 PM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
CRC, Concept Room

FRIDAY

3. Memoir and Essay Writing
Richard Gilbert
1:00 PM-2:30 PM
5 weeks: 9/18, 9/25, 10/2, 10/9, 10/23
CRC, Curiosity Room

12. Introductory Spanish
Julia Martin Del Campo
3:00 PM-4:30 PM
6 weeks: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23
CRC, Curiosity Room

20. Color Made Personal: A Watercolor Exploration
Jesi Pace-Berkeley
10:00 AM-12:00 PM
5 weeks: 9/25, 10/2, 10/9, 10/16, 10/23
Blacksburg Community Center

21. Knit Hats and Mittens for the Christmas Store
Diana George, Kaye Graham and Nancy Metz
11:00 AM-12:30 PM
5 weeks: 9/25, 10/2, 10/9, 10/16, 10/23 • Instructor's Home

29. Economics Unmasked: Big Ideas, Hot Debates
David Bieri
1:00 PM-2:30 PM
5 weeks: 9/18, 9/25, 10/2, 10/9, 10/16
CRC, Concept Room

43. Preparing Classic Moroccan Cuisine
Anne McNabb
9:00 AM-10:30 AM, 9:00AM-2:00PM
2 weeks: 10/2, 10/9
First class Zoom; second class instructor's home

53. Audrey Grant's Bridge Basics 3: Popular Conventions
Jeff Legge
9:00 AM-11:00 AM
6 weeks: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23
Blacksburg Community Center

TERM II: Classes begin October 26-December 11

MONDAY

2. From Old English to Shakespeare's English: A Historical Survey
Joseph Eska
3:30 PM-5:00 PM
3 weeks: 10/26, 11/2, 11/9
CRC, Concept Room

31. From Civil War to Civil Rights: A Gallery of American History-Makers
Peter Wallenstein
1:00 PM-2:15 PM
6 weeks: 10/26, 11/2, 11/9, 11/16, 11/30, 12/7 • CRC, Concept Room

35. Montgomery Mineral Springs Resorts: Nearly 250 years of History
Sherry Joines Wyatt and Grace Atallah
1:00 PM-2:30 PM
1 week: 12/7 • CRC, Concept Room

42. Armchair Journeys
Molly McClintock
1:00 PM-2:15 PM
4 weeks: 10/26, 11/2, 11/9, 11/16
Zoom

52. Experience Yoga!
Stephanie Buffet
9:00 AM-10:30 AM
4 weeks: 10/26, 10/28, 11/2, 11/4, 11/9, 11/11, 11/16, 11/18
In Balance Yoga, CRC

57. Book Discussion: Bredeson's *The Ageless Brain*
Dean Spader and Marissa Trader
9:00 AM-10:30 AM
6 weeks: 10/26, 11/2, 11/9, 11/16, 11/30, 12/7• CRC, Concept Room

TUESDAY

5. Collaborating with AI: How to Make Artificial Intelligence Your Writing Partner
Matthew Vollmer
1:00 PM-2:15 PM
2 weeks: 12/1, 12/8
CRC, Concept Room

6. Story Telling for Everyone
Wendy Welch
10:00 AM-11:30 AM
4 weeks: 10/27, 11/3, 11/10, 11/17
Zoom

8. Food in the Poetry of Nikki Giovanni
Ginney Fowler
11:00 AM-12:30 PM
6 weeks: 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
CRC, Curiosity Room

24. Create a Personalized Felted Bowl to Tell Your Story
Joselin Landry and Paula Golden
1:00 PM-4:00 PM
1 week: 10/27
CRC, Curiosity Room

34. The Moravians of North Carolina
Daniel Thorp
3:00 PM-4:00 PM
3 weeks: 10/27, 11/3, 11/10
Warm Hearth Village Center, Tall Oaks Room

47. Pantry-to-Plate: Creating Food Kits for Gifts and Easy Meal Prep
Christina Long
9:00 AM-10:30 AM
1 week: 11/3 • CRC, Curiosity Room

59. Improvisational Theatre for Judgment-Free Communication
Shiyanbade Animashaun
3:00 PM-4:30 PM
6 weeks: 10/27, 11/3, 11/10, 11/17, 12/1, 12/8 • Zoom

WEDNESDAY

17. Learning to Look Closely: Discovering the Hidden Meanings in Art
Michelle Moseley
11:00 AM-12:15 PM
5 weeks: 10/28, 11/4, 11/11, 11/18, 12/2
Warm Hearth Village Center, Tall Oaks Room

18. The Art of Indulgence: Picturing Chocolate in Artworks
Lauren DiSalvo
3:00 PM-4:30 PM
3 weeks: 10/28, 11/4, 11/11
CRC, Concept Room

33. Unsung Heroes of World War II
Gerald Pops
11:00 AM-12:30 PM
3 weeks: 10/28, 11/4, 11/11
CRC, Concept Room

39. Navigating Women's and Gender Studies: An Introduction
Suchitra Samanta
1:00 PM-2:15 PM
4 weeks: 10/28, 11/4, 11/11, 11/18
CRC, Curiosity Room

60. Learn to Use Apple Intelligence Tools in iPhones, iPads, and Macs
Travis Carter
1:00 PM-2:30 PM
2 weeks: 12/2, 12/9
CRC, Concept Room

THURSDAY

7. Reading Old Testament Narratives as Literature
Russell Gregory
11:00 AM-12:30 PM
6 weeks: 10/29, 11/5, 11/12, 11/19, 12/3, 12/10
CRC, Curiosity Room

28. TED Talks: Join the Conversation
Maureen Perry
3:00 PM-4:30 PM
3 weeks: 10/29, 11/5, 11/12 CRC, Concept Room

30. The Constitution and the Criminal Process
Jack Call
11:00 AM-12:30 PM
6 weeks: 10/29, 11/5, 11/12, 11/19, 12/3, 12/10
CRC, Concept Room

32. American Foreign Policy in the Middle East
William Ochsenwald
1:00 PM-2:30 PM
4 weeks: 10/29, 11/5, 11/12, 11/19
CRC, Concept Room

40. The Frankensteins Among Us: Saviors or Monsters?
Marcia Davitt
3:00 PM-4:15 PM
4 weeks: 10/29, 11/5, 11/12, 11/19
CRC, Curiosity

FRIDAY

10. *Hamlet* In-Depth: A Month with Shakespeare's Masterpiece
Katharine Cleland
11:00 AM-12:30 PM
4 weeks: 10/30, 11/6, 11/13, 11/20
Zoom

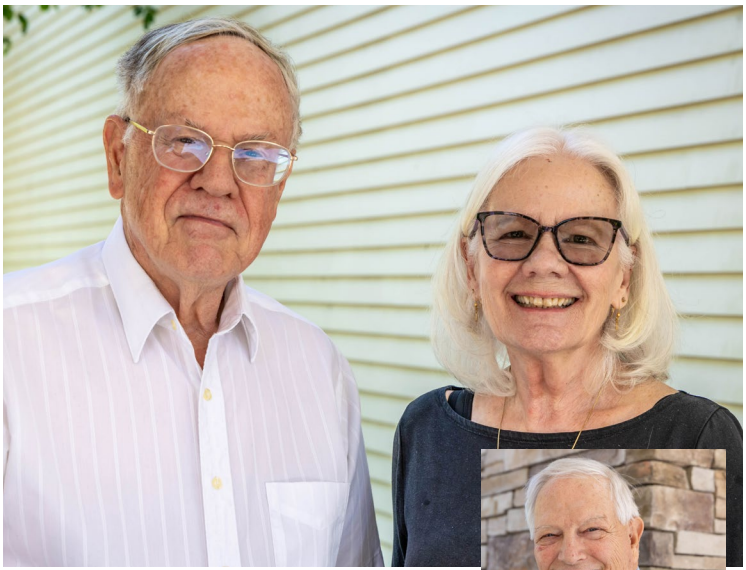
13. Lives in Music: Samuel Coleridge-Taylor
Christopher Campo-Bowen
3:00 PM-4:00 PM
2 weeks: 11/6, 11/13 CRC, Concept Room

14. Gone Too Soon: Influential Songwriters Who Died Young
Linda MacCleave
1:00 PM-2:30 PM
4 weeks: 10/30, 11/6, 11/13, 11/20
Zoom

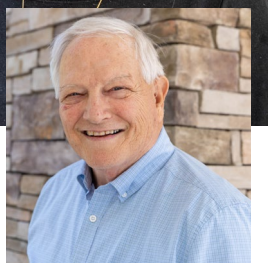
25. Visible Mending: How to Repair Damaged Garments with Style
Joselin Landry and Paula Golden
2:00 PM-5:00 PM
1 week: 10/30
CRC, Curiosity Room

44. Italian Cooking Experiences: Gnocchi
Claudia Levi
9:00 AM-12:00 PM
1 week: 11/13
Instructor's home

45. Italian Cooking Experiences: Gnocchi
Claudia Levi
9:00 AM-12:00 PM
1 week: 11/20
Instructor's home



2026 Niles Award winners Bill Ochsenwald and Britton Gildersleeve, recognized for their teaching excellence.



The Niles Award is named for LLI co-founder Jerry Niles.

LLI Information

FEES

Membership is required each term to register for courses and participate in free events. Fall membership is $60 and is non-refundable. An annual membership is available through August 14 at a discounted rate. Course and event fees are listed with each offering. Course fee refunds are available only if withdrawal occurs at least one week before the first session, or the instructor cancels the course.

FEE WAIVERS

LLI is committed to providing accessible and affordable educational opportunities for NRV residents. Requests for fee waivers are confidential and may be directed to the LLI Program Coordinator at lifelonglearning@vt.edu or 540-231-1725.

WAITLISTS

If a program is full, join the waitlist. We are often able to expand enrollment or move classes to larger spaces. Participants will be contacted if an opening becomes available.

ACCOMMODATIONS

To request accommodations for a disability, contact the LLI program coordinator at lifelonglearning@vt.edu or 540-231-1725 at least 14 days before the course or event begins.

CODE OF CONDUCT

LLI participants are expected to treat fellow members, instructors, volunteers, and Virginia Tech Continuing and Professional Education (CPE) staff with civility, kindness, and respect. Demeaning, disrespectful, intimidating, threatening, abusive, or otherwise disruptive behavior will not be tolerated and may result in suspension or dismissal from the program. The full Code of Conduct is available on the LLI website.

VOLUNTEER

LLI depends on volunteers to help plan and deliver programs. Learn more at cpe.vt.edu/lifelonglearning/volunteer.html or email lifelonglearning@vt.edu

DONATE

Your support helps LLI provide enriching educational, cultural, and social experiences for adults 50 and older in the New River Valley. Learn how to contribute at cpe.vt.edu/lifelonglearning/support/donations.html.

For a full list of LLI Policies, visit our website at: https://cpe.vt.edu/lifelonglearning/membership/policies.html

All program information is subject to change without notice.

ADVANCE MEMBERSHIP PURCHASE

Purchase your membership before registration opens to ensure your account is ready for course and field trip registration.

Advance membership purchase is available July 1–August 14, 2026, online at cpe.vt.edu/lifelonglearning or by phone at 540-231-5182 during business hours.

MEMBERSHIP OPTIONS

- Fall Term Membership: $60
- Annual Membership: $110

Members who purchase an Annual Membership in the fall do not need to purchase a spring membership. Membership fees are non-refundable.

Special Event

1. The Hyer Speaker Series

Featuring **Jerry Jones** | Tuesday, November 10, 11:30 AM-2:00 PM
Inn at Virginia Tech | Limit: 85 | Fee: $35



LLI co-founder Pat Hyer



Dr. Jerry Jones

Join us for the inaugural program in The Hyer Speaker Series, the Lifelong Learning Institute of Virginia Tech's premier annual event. Named in honor of LLI co-founder **Pat Hyer,** the series recognizes her vision and dedication in helping establish and grow the organization. This special luncheon and keynote program brings members together to celebrate lifelong learning through the insights and experiences of distinguished speakers whose work enriches our understanding of the world around us.

The 2026 featured speaker is **Jerry Jones**, an educator, author, community leader, musician, and Virginia Tech alumnus. A native of Glade Spring, Virginia, Dr. Jones attended segregated schools before earning degrees from Virginia State University and a doctorate from Virginia Tech. Drawing from his book, *Go and Come Again: Segregation, Tolerance, and Reflection: A Four-Generation African-American Educational Struggle*, he will share the story of four generations of an African American family's pursuit of education, opportunity, and dignity during an era of segregation and profound social change.

Blending personal memoir with regional history, Dr. Jones explores the challenges and triumphs of African Americans in Southwest Virginia, the long path to school integration, and the enduring impact of these experiences on families and communities. Informed by his own lived experience and more than five decades as an educator, his presentation offers a powerful perspective on resilience, educational opportunity, and the lasting influence of history on our communities today.

The Hyer Speaker Series promises a memorable afternoon of learning, reflection, and conversation. As LLI's signature event of the year, it offers a unique opportunity to celebrate Pat Hyer's contributions to lifelong learning while engaging with a powerful story of perseverance, education, and community. Join fellow members for an exceptional program that combines great food, stimulating ideas, and meaningful discussion in the company of lifelong learners.

Registration includes luncheon and lecture.

NEW FOR 2026-27

Expanded LLI Membership Benefits

There has never been a better time to be an LLI member.

Membership now includes even more programs at no additional cost, bringing more opportunities to learn, connect, and engage throughout the year.

YOUR MEMBERSHIP BENEFITS INCLUDE:

- Access to LLI courses and field trips (additional fees may apply).
- Free registration for selected courses, lectures, and webinars (see pages 27-30).
- Coffee chats, happy hours, and pop-up events.
- Opportunities to connect with fellow members through in-person and online discussions.
- Regular term updates and announcements.
- Early notice of LLI travel opportunities.
- And more ways to learn, connect, and engage.

Explore the complimentary courses, lectures, and webinars available to members on pages 27–30.

Literature, Language, & Writing

2. From Old English to Shakespeare's English: A Historical Survey

Joseph F. Eska | Monday, 3:30 PM-5:00 PM
3 weeks: 10/26, 11/2, 11/9 | CRC, Concept Room | Limit: 36 | Fee: $35

This course explores how the speakers of Germanic dialects from mainland Europe first came to Britain and the subsequent development of these dialects into Old English. We will examine the growth of literacy under Alfred the Great and then the diminishment of English by the French after the Norman Conquest. We'll see how English became the language of the public sphere during the Middle English period and take a close look at John Wycliff's fight to translate the Bible into English, an effort that required the establishment of a standard dialect out of the numerous regional varieties of English.

INSTRUCTOR

Joseph F. Eska is a professor of language sciences in the Department of English at Virginia Tech. He specializes in the many ways that language changes over time.

3. Memoir and Essay Writing

Richard Gilbert | Friday, 1:00 PM-2:30 PM
5 weeks: 9/18, 9/25, 10/2, 10/9, 10/23
CRC, Curiosity Room | Limit: 15 | Fee: $35

We're in an age of essays and memoirs. Some become bestsellers or films; many others, self-published, are composed for friends and family. In this class, students read innovative and award-winning personal nonfiction, draft their own, and share their writing with classmates. The instructor provides exercises, prompts, and ideas for developing the work. Based on the richly collaborative workshop model — receiving peers' insights and commenting helpfully in turn — the class makes learning less narrowly instructor-based and brings more brainpower to each memoir or personal essay. Beginning and intermediate writers are welcome. Enthusiasm and a desire to write are the core prerequisites!

INSTRUCTOR

Richard Gilbert is a freelance editor of personal and narrative nonfiction. He's author of *Shepherd: A Memoir*, a finalist for the Ohioana Book Award, about his family's decade-long farming adventure in Appalachian Ohio. His essay "Animals Saved Me" won *Hunger Mountain's* Creative Nonfiction Prize.

4. Creative Writing: The Elements of Fiction

Ed Falco | Tuesday, 3:00 PM-4:15 PM
6 weeks: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20
CRC, Curiosity Room | Limit: 15 | Fee: $35

In this course, we'll practice developing the traditional elements of fiction, with primary attention to characterization and plot. Participants will discuss exemplary short stories, learn elements of craft, and participate in impromptu writing exercises. This is not a traditional "workshop" course where students critique one another's completed stories. Instead, the course takes a more exploratory and experimental approach. A typical class might be composed of a short lecture on characterization as it relates to a specific story. Afterwards, an informal writing exercise would engage everyone in practicing what they had learned. Volunteers would then share their work and the class would offer thoughtful responses.

REQUIRED TEXT

The Seagull Reader: Stories (Third Edition).

INSTRUCTOR

Ed Falco is the author of more than a dozen books, including novels, short story collections, and poetry collections. His short stories have been published widely in journals and anthologies, including *The Atlantic Monthly*, *The Best American Short Stories*, and *The Pushcart Prize Anthology*.

5. Collaborating with AI: How to Make Artificial Intelligence Your Writing Partner

Matthew Vollmer | Tuesday, 1:00 PM-2:15 PM
2 weeks: 12/1, 12/8
CRC, Concept Room | Limit: 25 | Fee: $25

What happens when you hand your half-formed idea to an AI — and it hands something surprising back? In this course, participants will explore large language models like Claude and ChatGPT not as writing-replacement tools, but as thinking partners: engines for brainstorming, research, reflection, and creative risk-taking. No writing experience is required. Through hands-on exercises and lively discussion, we'll discover what these tools do well, where they fall short, and how collaborating with them might change how any of us — writer or not — approaches the act of making something new.

INSTRUCTOR

Matthew Vollmer is a professor of English and director of the MFA Creative Writing Program at Virginia Tech. He is the author of six books and is a pioneering practitioner of AI-assisted creative work who has spent several years integrating large language models into his own writing practice and teaching.

6. Story Telling for Everyone

Wendy Welch | Tuesday, 10:00 AM-11:30 AM
4 weeks: 10/27, 11/3, 11/10, 11/17
Zoom | Limit: 25 | Fee: $35

Everyone has stories to share, and everyone can learn to tell them effectively. In this four-week Zoom course, we will learn about storytelling's persuasive and interpretive reach in individual lives and across cultures. We'll explore techniques for generating story ideas, identifying the story skeleton, and crafting beginnings and endings, and we'll practice the verbal and body language skills that bring stories to life and engage listeners. Along the way, we'll become better listeners ourselves, developing a heightened appreciation for the stories told by others.

INSTRUCTOR

Wendy Welch is the only professional storyteller to have served on both the U.S. and United Kingdom national storytelling association boards of directors. She is the author of eight books and produces other people's stories for West Virginia Public Broadcasting radio programs.

7. Reading Old Testament Narratives as Literature

Russell Gregory | Thursday, 11:00 AM-12:30 PM
6 weeks: 10/29, 11/5, 11/12, 11/19, 12/3, 12/10
CRC, Curiosity Room | Limit: 15 | Fee: $35

In this six-week course, participants will analyze the literary characteristics of influential Old Testament stories. How do they work as narratives with defined settings, characters, plot elements, conflicts, and themes? We'll examine the Genesis account in relation to the creation myths of the Ancient Near East and explore the stories of David in the context of Hebrew language and traditions. Participants will receive English translations of the stories as handouts; the instructor will share his expertise about the original Hebrew word choices and syntax.

INSTRUCTOR

Russell Gregory is an emeritus professor of religious studies from Radford University with a specialty in the Hebrew Bible.

8. Food in the Poetry of Nikki Giovanni

Ginney Fowler | Tuesday, 11:00 AM-12:30 PM
6 weeks: 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
CRC, Curiosity Room | Limit: 15 | Fee: $35

Nikki Giovanni's poetry is marked by two recurring motifs: food and music. This course will focus on the many ways her work uses food to create both literal and figurative meanings. For example, in one of her best-known poems, "Knoxville, Tennessee," seven of the poem's twenty-four lines reference specific foods, from okra to barbeque. We'll pay attention to the kinds of foods Giovanni repeatedly uses and consider whether they have consistent meanings from poem to poem. Finally, this discussion-based course will introduce students to some new poems and encourage their enjoyment of reading poetry.

REQUIRED TEXT

The instructor will send out an electronic copy of an anthology created specifically for this course.

INSTRUCTOR

Ginney Fowler retired from the Virginia Tech English department, where she taught African American and American Literature for more than 40 years. She specialized in the poetry of Nikki Giovanni and the fiction of Toni Morrison and Gloria Naylor.

9. Virginia Writes Murder: A Mystery Sampler

Britton Gildersleeve | Thursday, 11:00 AM-12:30 PM
5 weeks: 9/24, 10/1, 10/8, 10/15, 10/22
Zoom | Limit: 25 | Fee: $35

Yes, Virginia, it was murder. But you knew that from the start, right? Each of our four authors is a Virginian, with three of the four novels set in the home state (and of course there's one outlier). One of them is a classic cozy, another food-infused, the third one features horses, and the fourth has a paranormal twist. There'll be plenty of red herrings, as well as compelling crimes and engaging protagonists. Join us as we explore four ways that Virginia writes murder.

REQUIRED TEXT

- Brown, *Crazy Like a Fox* (Sister Jane series).
- Quigley, *At Death's Dough* (Deep Dish series).
- Gilbert, *Shelved Under Murder* (Blue Ridge Library series) .
- Gordon, *Murder in G Major* (Gethsemane Brown series).

INSTRUCTOR

Britton Gildersleeve is a retired faculty member and administrator from Oklahoma State University. She has been a mystery fan since she read her father's Sherlock Holmes as a child. Cozies, Golden Age, classic whodunnits, and more — mysteries are her read of choice!

10. *Hamlet* In-Depth: A Month with Shakespeare's Masterpiece

Katharine Cleland | Friday, 11:00 AM-12:30 PM
4 weeks: 10/30, 11/6, 11/13, 11/20
Zoom | Limit: 15 | Fee: $35

This class will examine one of the greatest and most famous works in Western literature, Shakespeare's *Hamlet*. Indeed, the play's language, characters, and plot continue to circulate today, both in popular media and in casual conversation. Over the course of a month, students will have the chance to read and discuss the play in-depth. We will consider such questions as: Why does Hamlet hesitate to revenge his father's death? Why does he talk to himself so much, and what does he say? What is his relationship with Ophelia? And, of course, why is Hamlet so famous and highly regarded anyway? We will consider the play within its historical context, while also considering its continued relevance today.

REQUIRED TEXT

Hamlet, Folger Shakespeare edition (paperback). This edition provides especially helpful notes and clear summaries of each scene and act. If cost is an issue, other editions can be substituted.

INSTRUCTOR

Katharine Cleland is an associate professor of English, as well as the director of the English department's literature program at Virginia Tech. She specializes in Shakespeare and Renaissance literature.

11. Italian for Travelers

June Stubbs | Thursday, 1:00 PM-2:30 PM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
CRC, Curiosity Room | Limit: 15 | Fee: $35

This course is an introduction to speaking and understanding the Italian language with an emphasis on cultural and artistic traditions so important to the traveler to this magnificent country. If you have taken an introductory Italian course, you will benefit from the additional vocabulary and practice. No prerequisite is necessary, however. Beginners are welcome. Have you ever wanted to learn Italian? Do you plan to travel to Italy? Andiamo!

INSTRUCTOR

June Stubbs was an instructor in Italian at Virginia Tech for 25 years. She holds a Masters in Italian from the University of Illinois at Urbana-Champaign and has studied at the Scuola di Dante in Florence. She has lived in Rome off and on over several years. Her favorite ristorante is Vecchia Roma, and she likes to take a cappuccino at Campo dei Fiori.

12. Introductory Spanish

Julia S. Martin Del Campo | Friday, 3:00 PM-4:30 PM
6 weeks: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23
CRC, Curiosity Room | Limit: 15 | Fee: $35

Retirement is a wonderful time to acquire a new language, but the task can be intimidating if others in the class have already mastered the basic skills. In this friendly introductory course, participants will be introduced to simple grammatical concepts and acquire basic vocabulary relevant to a range of conversational topics – from greeting friends, describing family, and learning colors, times, and seasons, to giving directions and asking for various kinds of help. The instructor is a native Spanish speaker from Mexico who leads the Spanish conversation group at the Blacksburg public library.

INSTRUCTOR

Julia S. Martin del Campo was educated in Mexico. A research scientist in biochemistry at Virginia Tech, she loves learning languages and speaks English, French, and Spanish fluently.





13. Lives in Music: Samuel Coleridge-Taylor

Christopher Campo-Bowen | Friday, 3:00 PM-4:00 PM
2 weeks: 11/6, 11/13
CRC, Concept Room | Limit: 36 | Fee: $25

2025 was the 150th anniversary of Samuel Coleridge-Taylor's birth, an occasion celebrated by musicians and musicologists worldwide. Coleridge-Taylor was a Black British composer, conductor, and virtuoso violinist born in London, but with ties to America. His most famous work was a trilogy of cantatas, *The Song of Hiawatha*, based on Longfellow's poem. Highly respected in his own time for his unique blending of European romantic style with West African musical traditions, he died young and for a time was forgotten. This two-part course showcases Coleridge-Taylor's life and career, helping participants appreciate his music and broader context.

INSTRUCTOR

Christopher Campo-Bowen is an associate professor of musicology in the School of Performing Arts at Virginia Tech.

14. Gone Too Soon: Influential Songwriters Who Died Young

Linda MacCleave | Friday, 1:00 PM-2:30 PM
4 weeks: 10/30, 11/6, 11/13, 11/20
Zoom | Limit: 50 | Fee: $35

Many songwriters who died young left an inspirational impact and legacy to audiences as well as to songwriters who followed them. In this four-week Zoom class, we will explore a few of these songwriters, their stories, and songs. Featured songwriters include Robert Johnson, Hank Williams, Buddy Holly, Kate Wolf, Townes Van Zandt, and Bobby Darin.

INSTRUCTOR

Linda MacCleave earned an M.A. in English Education from Virginia Commonwealth University. She has retired from teaching English and now teaches duplicate bridge in Richmond, as well as song history and interpretation for several LLI programs. She enjoys sharing her appreciation for the cultural history and the inspirational poetry of songs.

15. Singing for Seniors

Patrice Yearwood | Tuesday, 11:00 AM-12:15 PM
6 weeks: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10
St. Michael's Lutheran Church | Limit: 25 | Fee: $35

In this class designed for the mature voice, we will learn tips, tricks, and techniques to enhance vocal health and make us better singers. Each class will involve warm-ups, vocal exercises, training, and singing from popular, folk, and classical repertoire — all taking place within a positive and supportive environment. No solos! Singing is good for breathing, stamina, mental health, and wellbeing. We can improve our vocal quality regardless of age. Both newcomers and returning singers from spring 2026 are welcome.

INSTRUCTOR

Patrice Yearwood is a singer, pianist, choral director, and music educator. The founder and former artistic director of the Blacksburg Children's Chorale, she currently directs the music program at St. Michael's Lutheran Church and provides instruction in voice and piano to students of various ages in her music studio.

16. The Great MGM Musicals of the 1940s and 1950s

Seth Davis | Thursday, 11:00 AM-12:30 PM
5 weeks: 9/24, 10/1, 10/8, 10/15, 10/22
CRC, Concept Room | Limit: 25 | Fee: $35

Throughout the 1940s and into the 1950s, MGM was the undisputed leader in both the quantity and quality of its big-screen musicals. In this course, we'll explore its rise to box office dominance over other studios and its eventual decline. In the process, we'll meet the filmmakers and the stars who made these movies so great, and we'll learn about the composers whose music still resonates with audiences today.

INSTRUCTOR

Seth Davis is the executive director of The Lyric Theatre in downtown Blacksburg. He is also a musician, teacher, avid book reader, and movie buff!

17. Learning to Look Closely: Discovering the Hidden Meanings in Art

Michelle Moseley | Wednesday, 11:00 AM-12:15 PM
5 weeks: 10/28, 11/4, 11/11, 11/18, 12/2
Warm Hearth Village Center, Tall Oaks Room | Limit: 50 | Fee: $35

Recent studies show that museumgoers spend, on average, less than seven seconds looking at individual artworks. This art history class teaches participants how to look closely, a skill with known cognitive benefits, including improved memory, situational awareness, and sharpened observation. We'll examine shipwreck treasure, porcelain, 17th century miniatures, reliquaries, furniture, architecture, paintings, and much more. A closer look at materials and structure will tell hidden stories, revealing new information about the stages of an object's long life. Participants will experience the wonder and surprise found in art that goes unnoticed, overlooked, and unseen.

INSTRUCTOR

Michelle Moseley is a professor of art history with a research focus on Early Modern Netherlands (c. 1500-1700). She previously taught LLI courses on Art Crimes and Leonardo da Vinci.

18. The Art of Indulgence: Picturing Chocolate in Artworks

Lauren DiSalvo | Wednesday, 3:00 PM-4:30 PM
3 weeks: 10/28, 11/4, 11/11
CRC, Concept Room | Limit: 36 | Fee: $35

Chocolate has been around in one form or another for over 2,000 years, evolving from the sacred, bitter drink of the Maya in Mesoamerica to the sweet treat indulged by the fashionable in eighteenth-century Europe and America. Artworks provide a fascinating window into the changing cultural meanings of chocolate. Join us as we explore images and artifacts related to its consumption. You'll learn how the Washington family bought chocolate by the bushel, how Hershey was involved in studying Maya chocolate, and how dunking ladyfingers into hot chocolate became a marker of politeness.

INSTRUCTOR

A classical archaeologist turned art historian. **Lauren DiSalvo** is fascinated by the intersection of these two fields. Lauren greatly enjoys cooking and baking, so the relationship between food and art history has always been a side interest of hers.

19. Drawing 102

Bonnie Moreno | Monday, 1:30 PM-3:00 PM
6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19
Blacksburg Community Center | Limit: 20 | Fee: $35

Drawing 102 is a studio class designed to coordinate with Drawing 101, but the first course is not a prerequisite; beginners are welcome. In this second class, participants will use drawing tools other than pencils. The instructor will facilitate drawing with the medium of the student's choice: from ancient silverpoint to modern watercolor pencil, including charcoal, Prismacolor, conte crayon, and pastel. Pen and ink or brush are additional options. Students supply their own materials with prior guidance from the instructor.

INSTRUCTOR

Bonnie Moreno is a licensed art teacher who holds an MFA in painting. She owns a hand-crafted watercolor-based business and has taken leadership roles in community arts initiatives.

20. Color Made Personal: A Watercolor Exploration

Jesi Pace-Berkeley | Friday, 10:00 AM-12:00 PM
5 weeks: 9/25, 10/2, 10/9, 10/16, 10/23
Blacksburg Community Center | Limit: 20 | Fee: $35 | Materials Fee: $35

Do you want to advance your art through a more intimate understanding of how color works to energize and convey emotions in your painting? Previous classes have focused on techniques, composition, and the elements of art, but not so much on how color itself works. Yet color is central to art, and there is an astonishing amount to know about color schemes and effects. As Stephen Quiller, a prominent color theorist, points out, the more we know about color, the more personal color choices can become. After registration, participants will receive a list of basic supplies required for the course.

INSTRUCTOR

Jesi Pace-Berkeley is a professional fellow of the Virginia Museum of Fine Arts and Artist in Residence at the Don and Catherine Bryant Cultural Series, Outer Banks.

21. Knit Hats and Mittens for the Christmas Store

Diana George, Kaye Graham and **Nancy Metz** | Friday, 11:00 AM-12:30 PM
5 weeks: 9/25, 10/2, 10/9, 10/16, 10/23
Instructor's Home | Limit: 12 | Fee: $35

Small projects can have a big impact. LLI invites knitters at all skill levels to make hats and mittens for the Montgomery County Christmas store, serving families who need a bit of help during the holidays. We will supply a range of examples, from beginner beanies to patterns with more advanced stitch and color patterns. Choose a pattern you like from the examples, or venture out on your own, but make it a goal to learn an unfamiliar skill in the process. Everyone's a teacher, and everyone's a learner in this companionable effort to reach out and share the warmth.

INSTRUCTORS

Diana George, Kaye Graham, and **Nancy Metz,** organizers of LLI's KAL, learn something new with each pattern and from every one of the participants.

22. Glass Flower-Making

Paula Golden and **Joselin Landry** | Monday, 1:00 PM-3:00 PM
2 weeks: 9/28, 10/26
First class in instructor's home; second class at Blacksburg Community Center
Limit: 15 | Fee: $25



In this creative, hands-on class, learn how to transform vintage glass dinnerware — such as plates, bowls, and serving pieces — into stunning decorative garden flowers. The instructors guide you step-by-step through choosing complementary glass pieces, arranging petal shapes, and securely assembling them into durable floral sculptures. Along the way, learn tips for balancing color, texture, and shape to create eye-catching designs perfect for gardens, patios, or indoor décor. Leave with your own handcrafted glass flower and the skills to create more at home. Watch for a supply list after registration.

INSTRUCTORS

Paula Golden and **Joselin Landry** are self-proclaimed thrift store treasure hunters and crafty upcyclers. They give forgotten finds a second life, proving sustainability can be creative, colorful, and fun. Join them in turning cast-offs into clever crafts and inspiring others to do the same.

23. Appliqué a Queen Anne's Lace Design

Paula Golden and **Joeselin Landry** | Wednesday, 11:00 AM-1:00 PM
3 weeks: 9/30, 10/7, 10/14
CRC, Curiosity Room | Limit: 15 | Fee: $35



Bring the delicate beauty of Queen Anne's Lace to life in fabric! Learn essential techniques to master slim stems, "innie" and "outie" curves, and perfect circles. Step by step, create a stylized floral design while building your confidence and skill in the precise, elegant art of appliqué. By the end of the course, create a striking piece that captures the grace of this wildflower. A supply list will be sent to those who register for the course.

INSTRUCTORS

Paula Golden is passionate about quilts, quilters, their stories, and the techniques. Because she is always learning, every class becomes fresh. Her guidance is grounded in experience, but her teaching is alive with possibility. Students feel supported, seen, and invited into a creative journey rather than a lesson with a finish line.

Joselin Landry, a lifelong craftivist, stitches purpose into every thread. Rooted in resourcefulness, she creates with care, inviting us to take part in environmental change, one mindful stitch at a time.

24. Create a Personalized Felted Bowl to Tell Your Story

Joselin Landry and **Paula Golden** | Tuesday, 1:00 PM-4:00 PM
1 week: 10/27
CRC, Curiosity Room | Limit: 10 | Fee: $15

Using pre-felted wool scraps as the base, students embellish 6-8" bowls with embroidery stitches and decorations. The process is entirely hand-stitched — no sewing machines — making it accessible and relaxing for beginners. Students are encouraged to incorporate personal items, such as charms, old buttons, lace from a beloved garment, doilies, or leftover yarn scraps to repurpose their bowls and give them unique stories. A supply list will be sent to those who register for the course.

INSTRUCTORS

Joselin Landry, a self-proclaimed thrift store treasure hunter and crafty upcycler, gives forgotten finds a second life, proving sustainability can be creative, colorful and fun. Join Joselin in turning cast-offs into clever crafts and inspiring others to do the same.

Paula Golden is an award-winning fiber artist and educator whose work is well known in the field.

25. Visible Mending: How to Repair Damaged Garments with Style

Joselin Landry and **Paula Golden** | Friday, 2:00 PM-5:00 PM
1 week: 10/30
CRC, Curiosity Room | Limit: 10 | Fee: $15

Visible mending is the art of restoring worn-out or damaged clothing to highlight rather than hide repairs. It includes conventional techniques like embroidery, darning, and patching, but it also encourages creative experimentation – for example, incorporating contrasting colors and fabrics or varying stitch patterns to make a style statement. In this way, visible mending blends sustainability, creativity, and personal expression. Participants in this course leave with a repaired garment, a toolkit of stitches and techniques, and the sense of creative accomplishment that comes with designing a new look for a garment that has seen better days. Those who register for the class will be sent a detailed list of required materials and tools.

INSTRUCTORS

Joselin Landry, a self-proclaimed thrift store treasure hunter and crafty upcycler, gives forgotten finds a second life, proving sustainability can be creative, colorful and fun. Join Joselin in turning cast-offs into clever crafts and inspiring others to do the same.

Paula Golden is an award-winning fiber artist and educator whose work is well known in the field.

26. Floral Design 101

Paula Knapp | Thursday, 9:00 AM-10:30 AM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
Christiansburg Recreation Center | Limit: 15 | Fee: $35

In this introductory course, participants will learn the elements of floral design. These include arranging flowers and foliage, creating corsages and boutonnieres, and making holiday wreaths and swags. A more advanced class may be offered as a follow-up. The instructor will provide basic supplies. Participants will be asked to bring floral elements weekly.

INSTRUCTOR

Paula Knapp is a West Coast Certified Floral Designer, Interior Designer, experienced teacher, coach, antique vendor, and amateur artist.





27. Sampler

Coordinator: Molly McClintock | Tuesday, 9:00 AM-10:15 AM
4 weeks: 9/22, 9/29, 10/6, 10/13
Zoom | Limit: unlimited | Fee: $35

This engaging sampler course treats participants to a wide range of speakers and topics – something different every week.

SEPTEMBER 22: IMPROVING MEMORY ACROSS THE LIFE SPAN: THE ROLE OF NOVEL MOLECULES IN THE BRAIN

Age-related memory decline is a normal part of aging, but for two-thirds of Americans over the age of 70 this decline will progress to cognitive impairment, a serious risk factor for Alzheimer's disease and dementia. In this presentation, you will learn about current laboratory research being conducted at Virginia Tech exploring the role of novel molecules in the brain that change with age. Correcting these changes could potentially combat memory decline and the risk of Alzheimer's late in life.

Working under Tim Jarome at Virginia Tech, **Brie Brown** received her Ph.D. in neuroscience in 2026. Her research focus is on memory and aging.

SEPTEMBER 29: EDUCATION ON THE RESERVATION: COVID AND BEYOND

Don Gandy will discuss the joys and difficulties of being an educator and school principal at Monument Valley High School in the heart of the Navajo Nation Reservation. Learn about Navajo language and culture in this pristine landscape. Experience the challenges, love, care, and resilience of the Navajo families during the Covid years and beyond.

Don Gandy is a 40-year educator, a retired instructor of mathematics, computer programming, and robotics, and a secondary school principal.

OCTOBER 6: WHY WE LOVE MAPS

Trace the history of cartography, tally the failings of the Mercator projections, and consider if using Google Maps makes us dumber.

Mark Fitzpatrick served as a U.S. Foreign Service Officer from 1979 to 2005, with postings in Seoul, Tokyo, Wellington, Vienna, and Washington, including as acting Deputy Assistant Secretary for Non-Proliferation. He is the former director of the Washington office of the International Institute for Strategic Studies.

OCTOBER 13: INSIDE CONTROLLED ENVIRONMENT AGRICULTURE: ADVANCING SUSTAINABLE FOOD PRODUCTION

Join us for an inside look at Controlled Environment Agriculture (CEA), a technology-based approach to farming that informs decision-making about crop production through research and collaboration. We will explore Virginia Tech's Institute for Advanced Learning and Research Innovation Center (www.ceaic.org), share current research projects, and discuss extension programs that help growers and communities adopt and improve practices.

Kaylee South is an assistant professor and extension specialist at Virginia Tech's School of Plant and Environmental Sciences. She leads a research and outreach program based in Danville at the Institute for Advanced Learning and Research, where she works as part of the CEA Innovation Center.

28. TED Talks: Join the Conversation

Maureen Perry | Thursday, 3:00 PM-4:30 PM
3 weeks: 10/29, 11/5, 11/12
CRC, Concept Room | Limit: 20 | Fee: $35

TED Talks are short, well-prepared, understandable presentations by remarkable, innovative, articulate persons, on over 2500 topics in almost every area of life. They are an exceptional way to broaden your exposure to ideas and initiatives you may never have considered before, and to join others in lively conversation. We'll watch and discuss two to three different talks in each class session, chosen initially by the instructor and then by volunteer class members. This is a participation class, drawing on the life experiences, knowledge, interests, and expertise of class members.

INSTRUCTOR

Maureen Perry followed her interest in nature and chemistry into careers in human and veterinary pharmacy. Retirement has allowed her to step away from that work and engage with social justice initiatives that lead to equality in education, housing, and food security.

29. Economics Unmasked: Big Ideas, Hot Debates

David Bieri | Friday, 1:00 PM-2:30 PM
5 weeks: 9/18, 9/25, 10/2, 10/9, 10/16
CRC, Concept Room | Limit: 36 | Fee: $35

Why do economists disagree – loudly — about things that affect us all? From tariffs and trade wars to rent control, AI job displacement, and Federal Reserve decisions, economic ideas shape daily life in ways that rarely get explained honestly. This five-week course draws on a rich tradition of economic thought — from Adam Smith and Karl Marx to Keynes, Minsky, and today's heterodox thinkers — to help participants develop their own critical lens for reading the headlines. No economics background is required. Expect lively discussion, provocative readings, and plenty of controversy.

INSTRUCTOR

David Bieri is an associate professor at Virginia Tech's School of Public and International Affairs, where he teaches courses on economic theory, real estate, and planning. He spent seven years as a senior economist at the Bank for International Settlements in Basel, Switzerland and regularly comments in the media on trade policy, tariffs, and the global economy.

30. The Constitution and the Criminal Process

Jack Call | Thursday, 11:00 AM-12:30 PM
6 weeks: 10/29, 11/5, 11/12, 11/19, 12/3, 12/10
CRC, Concept Room | Limit: 36 | Fee: $35

This course will cover a range of constitutional issues relating to the process that takes place when a person has been arrested, charged, tried, and sentenced. Considerable attention will be given to the law concerning police interrogation of criminal suspects.

INSTRUCTOR

Professor Emeritus **Jack Call** retired from the Department of Criminal Justice at Radford University. He holds J.D. and Ph.D. degrees in political science and has taught 21 courses for LLI.

31. From Civil War to Civil Rights: A Gallery of American History-Makers

Peter Wallenstein | Monday, 1:00 PM-2:15 PM
6 weeks: 10/26, 11/2, 11/9, 11/16, 11/30, 12/7
CRC, Concept Room | Limit: 36 | Fee: $35

Study American history through the eyes of those who made it. Meet a gallery of change-makers, many of them Virginians, whose impact on our country is still felt. You'll encounter famous names like Dred Scott, Robert E. Lee, Barbara Johns, and Mildred Loving. Others and their causes may not be as familiar: Kim-Ark Wong and birthright citizenship, Alice Paul and a woman's right to vote, Judith Heumann and the civil rights of Americans with disabilities. This six-week course offers a biographical approach to great events and movements. History comes home in the very human stories of those who made a difference.

INSTRUCTOR

Peter Wallenstein, longtime member of Virginia Tech's Department of History and a frequent contributor to the LLI program, has published extensively on Virginia history and the civil rights movement. This course is based on research he completed for his 2026 book, In *Search of America: A New History of the United States, 1860-2025*, which introduces dozens of individuals and the things they did to change the course of history in their communities, across the U.S., and even around the world

32. American Foreign Policy in the Middle East

William Ochsenwald | Thursday, 1:00 PM-2:30 PM
4 weeks: 10/29, 11/5, 11/12, 11/19
CRC, Concept Room | Limit: 36 | Fee: $35

American involvement in the Middle East has dramatically increased in recent years. Diplomatic, military, political, and economic aspects of this relationship will be traced from the American perspective, with an emphasis on the period from 1990 to 2026. The issue of fostering democracy in the area will be critically examined.

INSTRUCTOR

William Ochsenwald has presented ten earlier courses for the Lifelong Learning Institute. He is the author of *The Middle East: A History* and is an emeritus professor of history at Virginia Tech.









33. Unsung Heroes of World War II

Gerald Pops | Wednesday, 11:00 AM-12:30 PM
3 weeks: 10/28, 11/4, 11/11
CRC, Concept Room | Limit: 36 | Fee: $35

We know about the more famous military commanders who led U.S. and allied forces but rarely hear about those behind the scenes whose actions had a great impact on the outcome of WWII. These include special advisors, key administrators, creators of special forces, code breakers, and code makers. Join us to hear their untold stories.

INSTRUCTOR

Gerald Pops was a professor of public administration at West Virginia University. At George Marshall University he specialized in leadership studies and administrative ethics.

34. The Moravians of North Carolina

Daniel Thorp | Tuesday, 3:00 PM-4:00 PM
3 weeks: 10/27, 11/3, 11/10
Warm Hearth Village Center, Tall Oaks Room | Limit: 50 | Fee: $35

In 1752, members of the Moravian Church settled near what is now Winston-Salem, North Carolina. The community they began building there is one of the most well documented settlements in early America. That wealth of historical material provides an extraordinary picture of the experience that Europeans went through as they adjusted to the American environment and how the culture they brought with them changed in the new world they encountered in America.

INSTRUCTOR

Daniel Thorp has been teaching American history at Virginia Tech for forty years. He is the author of more than two dozen books and articles and the recipient of college and university teaching awards.

35. Montgomery Mineral Springs Resorts: Nearly 250 years of History

Sherry Joines Wyatt and **Grace Atallah** | Monday, 1:00 PM-2:30 PM
1 week: 12/7
CRC, Concept Room | Limit: 36 | Fee: $15

As both the nation and Montgomery County celebrate 250 years of history, it is appropriate to examine the history of the county's mineral springs resorts, one of our most important early industries. Closely tied to the unique geology of the region, the resorts have a complex place in our history. Whether they improved health or were simply tourist attractions, their role in local social networks and economies is indisputable. Frivolity and work, health and holiday, these were the contrasts at the heart of the mineral springs resorts. The course will incorporate photographs and object scans from the collection of the Montgomery Museum of Art & History.

INSTRUCTORS

Sherry Joines Wyatt holds a B.A. in architecture and history with minors in museum studies and Appalachian studies and an M.A. in historic preservation. Her research has been published in *The Chronicle of the Early American Industries Association* and *The Smithfield Review*, and she has authored five chapters in the book, *Virginia's Montgomery County*. Sherry is the executive director of the Montgomery Museum of Art & History.

Grace Atallah holds a B.A. in art history and museum studies and an M.A. in material culture and public humanities. Her research has focused on the perception of modern embroidery displayed within art museums, as well as the accessibility and involvement of museums as a platform for learning within the public sphere. Grace is the collections and communications coordinator at the Montgomery Museum of Art & History.

36. Big Ideas Book Discussion Group: C. Thi Nguuyen's *The Score*

Kelly Trogdon | Wednesday, 3:00 PM-4:00 PM
5 weeks: 9/23, 9/30, 10/7, 10/14, 10/21
CRC, Concept Room | Limit: 25 | Fee: $35

Join us for a thought-provoking discussion of C. Thi Nguyen's *The Score: How to Stop Playing Someone Else's Game*. Nguyen, a philosophy professor at the University of Utah, examines the way the scoring systems we encounter in games shape our behaviors and values. In videogames, sports, and board games, it's all part of the fun, but when the same principles are embedded in the corporate and bureaucratic metrics that define success, they substitute easily measurable data for what really matters. It's a book that has been described as lucid, accessible, and entertaining, "a brilliant warning about the gamification of everyday life."

REQUIRED TEXT

C. Thi Nguyen, *The Score: How to Stop Playing Someone Else's Game.*

INSTRUCTOR

Kelly Trogdon is an associate professor and chair of the philosophy department at Virginia Tech.

37. How Anthropology Connects Our Past and Present

Steve Gerus | Wednesday, 1:00 PM-2:30 PM
6 weeks: 10/14, 10/21, 10/28, 11/4, 11/11, 11/18
CRC, Concept Room | Limit: 36 | Fee: $35

This course is an introduction to anthropology, the wide-ranging study of human response to environmental change over space and time. The content is from a semester-long course the instructor teaches at Virginia Tech. Following an introductory survey, participants in the LLI class select four lectures from among the twenty-nine covered in the college course. Among the choices: the lives and times of our pre-human ancestors, early modern humans in the Eastern or Western hemispheres, the evolution of social institutions (kinship and marriage, the economy, politics, religion), or classic ethnographic studies from North, Central. or South America, Africa, Asia, or Oceania.

INSTRUCTOR

Steve Gerus has undergraduate and master's degrees in anthropology and a Ph.D. in sociology.

38. *The Twilight Zone:* Social Justice in the Fifth Dimension

Karen Hager | Tuesday, 9:00 AM-10:30 AM
5 weeks: 9/22, 9/29, 10/6, 10/13, 10/20
CRC, Concept Room | Limit: 36 | Fee: $35

Rod Serling brilliantly wove social criticism into his *Twilight Zone* episodes, using science fiction as a way to bypass the censorship of sponsors and network executives. Though the series originally aired from 1959 to 1964, many episodes explore issues that continue to resonate today. Participants will watch and discuss five episodes, examining social issues and moral dilemmas that still hold relevance in our world: loneliness and isolation, climate change, totalitarianism, racism, and the dangers of being judgmental.

This repeat of the *Twilight Zone* course incorporates a different selection of episodes than those presented in Fall 2025.

INSTRUCTOR

Karen Hager works as a program portfolio manager in Virginia Tech's Continuing and Professional Education department, where she manages several programs, including the Lifelong Learning Institute.

39. Navigating Women's and Gender Studies: An Introduction

Suchitra Samanta | Wednesday, 1:00 PM-2:15 PM
4 weeks: 10/28, 11/4, 11/11, 11/18
CRC, Curiosity Room | Limit: 15 | Fee: $35

This course introduces participants to concepts like "gender," as distinguished from biological sexual difference, and "feminism," as a perspective on, and critique of, social injustice. It is adapted for LLI from the introductory course in Virginia Tech's Women's and Gender Studies program. The course will address the history of women's activism in the U.S. and the founding documents associated with this movement. Some readings will focus on issues impacting older women. Participants are invited to bring personal experience to class discussion.

INSTRUCTOR

Retired Collegiate Associate Professor Emerita, **Suchitra Samanta** is a cultural anthropologist who taught in the Gender Studies Program in the sociology department at Virginia Tech for two decades. Most of her published work addresses the social and cultural factors that impede women from getting an education in India and the U.S.

40. The Frankensteins Among Us: Saviors or Monsters?

Marcia Davitt | Thursday, 3:00 PM-4:15 PM
4 weeks: 10/29, 11/5, 11/12, 11/19
CRC, Curiosity Room | Limit: 15 | Fee: $35

More than two centuries ago, Mary Shelley's concerns about scientific hubris inspired *Frankenstein*. In this course, we will see how Shelley's tale can assist us in rethinking the conventional notions of progress that link scientific and technological innovation to the betterment of the human condition. Exploring developments like AI, geoengineering, and weather manipulation through the Frankenstein lens will give us insight into the forces that push human creativity to hubristic levels. Shelley's classic novel will provide a framework for considering our contemporary situation, where a growing capacity to manipulate the planet may unleash forces beyond human control.

REQUIRED TEXT

Shelley, *Frankenstein.* (any version based on Shelley's 1831 revisions to her story)

INSTRUCTOR

Marcia Davitt is an adjunct instructor in the Virginia Tech history department with a background in healthcare information systems and environmental science and policy.

41. Learning to Love the New River Valley

Ellen Woodall | Monday, 11:00 AM-12:30 PM
5 weeks: 9/21, 9/28, 10/5, 10/12, 10/19
CRC, Concept Room | Limit: 36 | Fee: $35

This course is designed for residents new to the area, recent retirees, and others who wish to learn more about this place they call "home." It's informed by Melody Warnick's *This Is Where You Belong: Finding Home Wherever You Are*, a book based on the author's attempts to overcome the loneliness she initially experienced after moving to Blacksburg. Participants will learn about the area's history, natural beauty, volunteer opportunities, and recreational activities from speakers who know the New River Valley and its resources well. But this is not a lecture class. "Homework" will involve venturing out and reporting back!

INSTRUCTOR

Ellen Woodall is the manager of Blacksburg Books.

42. Armchair Journeys

Coordinator: Molly McClintock | Monday, 1:00 PM-2:15 PM
4 weeks: 10/26, 11/2, 11/9, 11/16
Zoom | Limit: unlimited | Fee: $35

Travel along virtually on fascinating journeys. Speakers will share their adventures, along with photos and videos enhancing their stories. There will be plenty of time for participants to ask questions and share comments.

OCTOBER 26: ON THE TRAIL OF LITERARY GREATS IN THE UK

Diana George shares a journey to the English Lake District and Yorkshire that she took with **Kaye Graham** and **Nancy Metz**. They explored the landscapes that inspired Beatrix Potter and the Romantic poets, visited the Brontë parsonage, and watched the filming of *All Creatures Great and Small.*

NOVEMBER 2: SOUTHEAST ASIA ON THE FLY (BY WAY OF THE SEA)

Join **Rita** and **Brad Klein** as they sail 2700 miles through Southern Asia. See natural and human-made beauty comprising Singapore, Malaysia, Thailand, Sri Lanka, and India, including elephants, monkeys, caves, exotic plants, sculptures, hustle and bustle, and placid, colorful temples.



NOVEMBER 9: PERU AND MACHU PICCHU

Carolyn Meier says Peru is a country of contrasts. Parts of it look exactly like the photos in her fourth-grade geography book while other areas are very modern. Carolyn's adventure included a visit to Machu Picchu, a once-in-a-lifetime experience.

NOVEMBER 16: INTRODUCTION TO INDONESIA

Peggy Layne's trip to Indonesia introduced her to the most populous Muslim country in the world, home to over 280 million people. She enjoyed great food, colonial history, ancient temples, a batik class, and beautiful scenery.

43. Preparing Classic Moroccan Cuisine

Anne McNabb | Class 1 meets Friday, 10/2 via Zoom, 9:00 AM-10:30 AM; Class 2 meets in person, Friday 10/9 9:00 AM – 2:00 PM at the instructor's home.
2 weeks: 10/2, 10/9
Limit: 12 | Fee: $35

Moroccan cuisine is often described as rich, sensual, colorful, sophisticated, and artfully presented. It has been influenced by the ethnic groups that historically populated different regions of the country, by Portuguese and Spanish invasions during the 15th -16th centuries, and by Morocco's proximity to Mediterranean, Middle Eastern, and African neighbors. These diverse influences led to the adoption of many foods from elsewhere, often modified to make them uniquely Moroccan. Specialties include round breads of various kinds, meat combined with dried fruit and nuts, and phyllo-layered dishes. Desserts with fruit, nuts, and nut flours are common. Flavorings include preserved lemons, sumac, and special spice mixtures. A 1 ½ hour Zoom class will introduce the characteristics and history of Moroccan cuisine, answer questions, and present the recipes we will cook the following week. During the second class, we will meet at the instructor's house from 9:00-2:00 and spend the morning cooking the featured recipes. Around noon, we will gather around the table to enjoy our three-course Moroccan lunch.

INSTRUCTOR

Anne McNabb loves exploring international cuisines. She bought her first Moroccan cookbook in 2000 and has been cooking classic Moroccan dishes and acquiring more cookbooks ever since.

44. & 45. Italian Cooking Experiences: Gnocchi

SELECT ONE SESSION DATE.

44. SESSION 1 | Claudia Levi | Friday, 9:00 AM-12:00 PM
1 week: 11/13
Instructor's home | Limit: 8 | Fee: $15

45. SESSION 2 | Claudia Levi | Friday, 9:00 AM-12:00 PM
1 week: 11/20
Instructor's home | Limit: 8 | Fee: $15

Italian Cooking Experiences offers participants hands-on instruction at the teacher's house. Here they will learn to prepare simple and classic Italian recipes and then at the end of the class, enjoy this food together. This fall the focus is on gnocchi. The featured recipes are *gnocchi al sugo rosso* (potato dumplings with tomato sauce), *gnocchi alla bava* (potato dumplings with cheese sauce), and *gnocchi verdi burro e salvia* (spinach and potato dumplings with butter and sage sauce). Delicious and nutritious food does not have to be complicated to make nor expensive to buy!

INSTRUCTOR

Claudia Levi was born and raised in Torino, Italy. She loves cooking, and she cooks every day from scratch for her family and friends. She is excited to offer Italian Cooking Experiences and share the joy that was transmitted to her by her mother and grandmothers.

46. Pasta in Two Cuisines

Gordon Yee and **John Morris** | Wednesday, 5:00 PM-6:30 PM
2 weeks: 9/16, 9/23
Blacksburg Presbyterian Church | Limit: 15 | Fee: $25 | Materials Fee: $10

Italian and Chinese cultures have both embraced pasta as a core ingredient in their respective cuisines. Flour, water, salt and sometimes egg are transformed into a blank canvas for a variety of tasty dishes. In this class, in addition to making pasta from scratch, participants will taste various fresh pre-made pastas and variations on dumplings and several sauces/accompaniments. Many of these dishes are perfect weeknight dinners.

INSTRUCTOR

John Morris and **Gordon Yee** are friends who have been cooking together, hosting themed dinner parties. When they aren't cooking, they seem to spend time talking about food.

47. Pantry-to-Plate: Creating Food Kits for Gifts and Easy Meal Prep

Christina Long | Tuesday, 9:00 AM-10:30 AM
1 week: 11/3
CRC, Curiosity Room | Limit: 15 | Fee: $15

Discover how to assemble attractive, practical food kits using shelf-stable pantry ingredients. Whether you're looking for thoughtful homemade gifts or a way to simplify everyday meal preparation, this hands-on class will show you how to create recipe-based kits that are organized, convenient, and ready to use. Learn how to select recipes, choose ingredients that store well, package kits attractively, label contents clearly, and include easy-to-follow cooking instructions. Participants will leave with ideas for soups, breads, desserts, and complete meal kits that can save time in the kitchen or delight family and friends with personalized gifts.

INSTRUCTOR

Christina Long is the enrollment systems coordinator for Virginia Tech Continuing and Professional Education. She enjoys finding practical ways to simplify everyday tasks, including meal preparation.





48. & 49. Appreciating Australian Grape Varieties

SELECT ONE SESSION DATE.

48. SESSION 1 | Randall Horst | Monday, 3:00 PM-4:30 PM
6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19
Vintage Cellar | Limit: 40 | Fee: $35 | Wine Fee: $150. Pay the wine fee directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.

49. SESSION 2 | Randall Horst | Wednesday, 3:00 PM-4:30 PM
6 weeks: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21
Vintage Cellar | Limit: 40 | Fee: $35 | Wine Fee: $150. Pay the wine fee directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.

This course will feature prominent grape varieties, including Shiraz, Cabernet Sauvignon, Chardonnay, Merlot, Sauvignon Blanc, Pinot Noir, Semillon, Pinot Gris, and Riesling. Some rare varieties such as Gruner Veltliner, Sangiovese, and Tempranillo may be included. Regions will include Barossa, McLaren Vale, Tasmania, Margaret River, and others.

INSTRUCTOR

Randall Horst is a wine enthusiast and buyer for Vintage Cellar in Blacksburg. He has taught wine appreciation for LLI every term since 2015.

50. Introduction to Juggling

Michael Abraham | Monday, 9:00 AM-10:00 AM
4 weeks: 9/14, 9/21, 9/28, 10/5
Blacksburg Community Center | Limit: 12 | Fee: $35

Can you catch a ball? If so, you can learn to juggle. This course introduces juggling basics, with later emphasis on tricks and toys (balls, rings, clubs). Juggling is a great pastime, available to anyone, and great for flexibility, hand-eye coordination, and impressing your friends. Students will need to bring three juggling balls; lacrosse balls are a convenient and inexpensive option. The successful participant will practice between classes.

INSTRUCTOR

Michael Abraham is a Blacksburg-based businessman and author of eight published books. He taught himself how to juggle while taking a break from his Virginia Tech mechanical engineering studies fifty years ago.

51. Learn to Play Pickleball

Derry Hutt | Tuesday, 10:00 AM-11:30 AM
5 weeks: 9/15, 9/22, 9/29, 10/6, 10/13
Old Blacksburg High School Pickleball Courts | Limit: 15 | Fee: $35

This five-week course will teach participants to play pickleball, the fastest growing sport in the country. Pickleball is very popular among older adults; courts are popping up at indoor and outdoor recreation facilities and at housing complexes, including Warm Hearth Village. Getting started is easy. We'll emphasize safety, good sportsmanship, and fun as we learn the rules and play the game. Participants should be comfortable with aerobic exercise and capable of moving about the court quickly. Bring a paddle, three outdoor pickleballs, secure sneakers, and a water bottle.

INSTRUCTOR

Derry Hutt trades in her ukulele for a pickleball paddle this fall. She learned to play the sport four years ago and now participates in local tournaments. She can't wait to share what she has learned with you.

52. Experience Yoga!

Stephanie Buffett | Monday, Wednesday, 9:00 AM-10:30
AM 4 weeks: 10/26, 10/28, 11/2, 11/4, 11/9, 11/11, 11/16, 11/18
InBalance Yoga, CRC | Limit: 25 | Fee: $35

Following grounding meditation, a wide variety of yoga postures (asanas) will connect movement with the breath, always exploring ways to improve circulation, flexibility, strength, and balance. Slow and intentional movement through various asanas will be combined with Vinyasa Yoga, where poses are linked together, flowing from one pose to the next connected by the breath. Alternative chair options will be demonstrated for especially challenging poses. This course is appropriate for most; however, those with significant musculoskeletal/joint or cardiovascular issues should consult their health care team.

INSTRUCTOR

Stephanie Buffett is a retired United States Air Force nurse and has practiced yoga for over 16 years. She is a certified Hatha Yoga instructor and has completed Vipassana and Presence Meditation training. Her assistant, **Gail Harbert**, has experience with yoga and provides alternative chair yoga poses to aid in improved range of motion, balance, and strength.

53. Audrey Grant's Bridge Basics 3: Popular Conventions

Jeff Legge | Friday, 9:00 AM-11:00 AM
6 weeks: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23
Blacksburg Community Center | Limit: 16 | Fee: $35

This fun and friendly course is perfect for players who already know the fundamentals and want to become more confident and competitive at the table. You'll learn widely used bidding conventions, such as Stayman, Jacoby transfers, the strong opening two club, and Blackwood, that will help you and your partner find the best contracts and outsmart your opponents. Clear explanations, guided practice, and plenty of play will make you a more thoughtful and successful bidder, whether your goal is to play socially or prepare for duplicate bridge.

REQUIRED TEXT

Grant, *Bridge Basics 3: Popular Conventions.*

INSTRUCTOR

Jeff Legge is certified by Audrey Grant to teach from her Better Bridge series of instructional books.

54. Ancestral Footprints: Turning Family Research into Lasting Legacies

Madeline Hoge | Thursday, 1:00 PM-2:30 PM
3 weeks: 9/24, 10/1, 10/8
CRC, Concept Room | Limit: 36 | Fee: $35

Discover and share your family story in this three-part workshop designed to turn research into lasting legacies. You'll learn to use oral traditions, records, archives, and digital tools like Ancestry.com and FamilySearch to uncover roots. The sessions cover interviewing relatives, interpreting census and military records, and creating timelines, family trees, and stories that reflect your family's history, values, and achievements. Techniques for sharing narratives through publishing, documentaries, storytelling nights, or interviews are included, with tips on tailoring tone and format. You will progress from collecting facts to cultivating a meaningful family legacy that endures for generations.

INSTRUCTOR

Madeline Hoge is a family business consultant, speaker, and author, helping multigenerational families preserve their legacies through governance, education, and historic preservation. She draws from her family's centuries-old heritage, blending timeless values with innovative strategies to strengthen family enterprises and community ties.

55. Planning and Maintaining a Fall Garden

Erica Jones | Thursday, 9:00 AM-10:15 AM
5 weeks: 9/24, 10/1, 10/15, 10/22, 10/29
CRC, Concept Room | Limit: 25 | Fee: $35

For many gardeners, the growing season begins with the explosion of color and variety in local nurseries; it ends in August when everything starts looking hot, parched, and exhausted. But experienced growers know that fall can be a productive season for gardening. In this five-week course, participants will learn how to establish a fall garden and cultivate vegetables, annuals, perennials, bulbs, trees, and shrubs that favor cooler temperatures. We'll talk about how to make the most of the season, extend its length, keep the deer from eating the plantings, and put the garden to bed for winter when it's time.

INSTRUCTOR

Erica Jones has been a Master Gardener for 28 years. She studied horticulture at Virginia Tech and has maintained public gardens in Christiansburg and Craig County.

56. Improving Quality of Life for Seniors

Julia Whaley, Kenny Harrah, Richard Shepherd and **Ray Parks** | Monday, 4:00 PM-5:30 PM
4 weeks: 9/21, 9/28, 10/5, 10/12
CRC, Concept Room | Limit: 36 | Fee: $35

While lifespan may be determined by factors beyond our control, knowledge and intention can help us all age gracefully. Researchers have identified significant factors in this process: good nutrition, regular exercise, and pro-active health practices. Three local experts will guide us through the choices and challenges within each of these goals. Expect practical, specific advice with plenty of time for your questions. The course will conclude with a session on identifying community-based educational resources and support services.

INSTRUCTORS

Julia Whaley is a clinical dietician at LewisGale Montgomery Hospital in Blacksburg.

Kenny Harrah is the fitness director at Warm Hearth Village.

Richard Shepherd is a retired family and emergency room physician.

Ray Parks is the executive director of the New River Valley Agency on Aging.

57. Book Discussion: Bredeson's *The Ageless Brain*

Dean Spader and **Marissa Trader** | Monday, 9:00 AM-10:30 AM
6 weeks: 10/26, 11/2, 11/9, 11/16, 11/30, 12/7
CRC, Concept Room | Limit: 20 | Fee: $35

Although only a minority of LLI participants have medical degrees, most of us feel an obligation as educated readers and responsible caregivers to evaluate the latest research as it affects ourselves and those we love. Research into the prevention and treatment of dementia is a particular area of interest. In this course, we invite you to join a group of close readers in a discussion of a *New York Times* bestselling book by Dr. Dale Bredesen. As we read *The Ageless Brain*, we will critically examine credentials, claims, and takeaways, developing questions to pursue with trusted medical providers.

REQUIRED TEXT

Bredeson, *The Ageless Brain: How to Sharpen and Protect Your Mind for a Lifetime.*

INSTRUCTORS

Using facilitated, directed, and participatory methods, **Dean Spader** has led several LLI classes that draw upon the knowledge, experience, and insights of all class participants as they discuss the specific content of books and TED Talks.

Marissa Trader is a Virginia Tech senior pursuing a dual degree in cognitive and behavioral neuroscience and multimedia journalism, with the goal of learning how to communicate science to the lay public.

58. Learning to Lead: Practical Tools and Proven Strategies

Yara Banks | Wednesday, 9:00 AM-10:30 AM
5 weeks: 9/16, 9/23, 9/30, 10/7, 10/21
Zoom | Limit: 36 | Fee: $35

This interactive course explores practical skills needed to lead effectively in volunteer settings and workplace environments. Participants will examine leadership mindset, communication, emotional intelligence, decision making, and accountability through guided discussion, real world examples, and reflective exercises. Designed for adult learners from a variety of backgrounds, the course provides tools participants can put to good use in community and service initiatives. Peer learning and shared insight are encouraged.

INSTRUCTOR

Yara Banks is a leadership development professional and organizational advisor with over 20 years of experience in human resources, operations, and leadership training across the private, public, and nonprofit sectors.

59. Improvisational Theatre for Judgment-Free Communication

Shiyanbade Animashaun | Tuesday, 3:00 PM-4:30 PM
6 weeks: 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
Zoom | Limit: 15 | Fee: $35

This engaging, introductory improv class teaches dramatic and comedic skills that contribute to clearer and more decisive communication, sharpened awareness, improved listening skills, and more productive interactions with others. During the six-week course, participants will:

- learn how the improvisational foundation of 'Yes, and' improves collaboration;
- discover tools to close communication gaps and increase efficiency;
- and overcome anxieties about public speaking in meetings with colleagues and clients.

No previous experience in acting or improv is required or expected.

INSTRUCTOR

Shiyanbade Animashaun is a founding member of The Nova Comedy Collective and has also performed with ImprovBoston, Catalyst Comedy, and the Women in Comedy Festival. She has directed, produced, and taught various improv casts and has led executive training sessions, workshops, and classes for more than five thousand individuals of all ages.





Science, Environment, Medicine, & Technology

60. Learn to Use Apple Intelligence Tools in iPhones, iPads, and Macs

Travis Carter | Wednesday, 1:00 PM-2:30 PM
2 weeks: 12/2, 12/9
CRC, Concept Room | Limit: 18 | Fee: $25

In this two-session course, participants will learn how to use the newer Apple Intelligence features available on iPhones, iPads, and Macs. These include advanced writing tools for rewriting and proofreading, notification summaries to manage alerts, and the Clean Up tool in Photos to remove extraneous images. The instructor will cover the organization and general productivity features of these powerful new devices and offer tips on using them in everyday life. Before registering, consult the list below to make sure your device supports Apple Intelligence.

Supported Apple Intelligence Devices:

- iPhone: iPhone 17 Pro/Max/Air/A19/A17, iPhone 16 Pro/Max/Plus/A18/A18e, and iPhone 15 Pro/Pro Max.
- iPad: iPad Pro (M1 or later), iPad Air (M1 or later), and iPad mini (A17 Pro).
- Mac: MacBook Air (M1 or later), MacBook Pro (M1 or later), iMac (M1 or later), Mac mini (M1 or later), and Mac Studio/Pro (M1 or later).

INSTRUCTOR

Travis Carter is an Integration Specialist at Modern Campus, a higher education technology company focused on solutions for non-traditional and continuing education. He brings over a decade of experience in technology, with a strong focus on staying current with emerging tools and innovations.

61. The Zombie Plague: What Doomsday Infections Can Teach Us About Epidemiology

John Maurer | Monday, 9:00 AM-10:30 AM
6 weeks: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19
CRC, Concept Room | Limit: 36 | Fee: $35

In horror films like *The Walking Dead* and *The Last of Us*, rapidly spreading viruses turn humans into stoned-out killers, ultimately threatening civilization itself. Do such scenarios have any grounding in fact? This class will introduce participants to the scientific study of impactful human infectious diseases, including plague, rabies, and flu. Participants will learn how microbes are transmitted and how they cause disease. We'll explore the role of prions in triggering neurodegenerative disorders. Film clips will be used to stimulate discussion of the topics covered each week in this engaging introduction to epidemiology.

INSTRUCTOR

John Maurer, a microbiologist, has spent 30+ years investigating veterinary and foodborne pathogens. He was a faculty member at the College of Veterinary Medicine at the University of Georgia and the College of Agriculture and Life Sciences at Virginia Tech.

62. Bugs and Us: Insects and Our Culture

Curt Laub | Tuesday, 1:00 PM-2:00 PM
6 weeks: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27
CRC, Concept Room | Limit: 25 | Fee: $35

How did the British get their red coats so red? How did The Beatles conceive their name? Why does a town have a monument to an insect? Take a journey through time to see the influence of insects on literature, art, music, commerce, technology, sports, and religion. Learn about features that make insects the most successful group of animals on the planet. Cameos by Shakespeare, Beyoncé, Groucho Marx, Marge Simpson, Bob Dylan, and others! The course concludes with an insect film festival.

INSTRUCTOR

Curt Laub is a steel drum player and dahlia grower who retired from the Virginia Tech Department of Entomology in 2020. His research and extension work focused on insects attacking fruit and field crops.

63. Love Apples, Lumpers, and Mary Jane: Surprising Facts about Six Economically Important Plants

Coordinator: Richard Veilleux | Thursday, 3:00 PM-4:30 PM
6 weeks: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
CRC, Concept Room | Limit: 25 | Fee: $35

Of more than 350,000 species of advanced plants, only a few have reached the heights of mass cultivation for food, drugs, or building material. These few originate from all corners of the planet and were domesticated thousands of years ago. This course will examine six economically important species. Speakers will explore their origins, historical changes, breeding systems, contemporary cultivation methods, and the role of biotechnology in their modern development. Odd facts and unexpected uses will be part of the story as experts showcase these hard-working botanical superstars.

IRISH LUMPERS (POTATO)

Richard Veilleux, emeritus professor, Plant and Soil Environmental Sciences

MEAT OF THE FIELD (SOYBEAN)

Saghai Maroof, emeritus professor, Plant and Soil Environmental Sciences

MARY JANE (CANNABIS)

Bas Bargmann, associate professor, Plant and Soil Environmental Sciences

LOVE APPLE (TOMATO)

David Haak, associate professor, Plant and Soil Environmental Sciences

LËNAPEI (CHESTNUT)

Jason Holliday, professor, Department of Forest Resources and Environmental Conservation

CAPSICUM (PEPPER)

Bingyu Zhao, professor, Plant and Soil Environmental Sciences

64. Time for Orthopedic Surgery? Making Good Choices Through Shared Decision-Making

Coordinator: Laurie Nair | Tuesday, 3:00 PM-4:30 PM
6 weeks: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3
CRC, Concept Room | Limit: 36 | Fee: $35

The course emphasizes the importance of shared decision-making to optimize medical care for three common orthopedic areas: the knee, hip, and back – each of which can cause tremendous pain. Invited speakers, specialists in their field, will discuss relevant technology and the factors to consider in the decision about whether to choose surgery or joint replacement. We'll talk about finding qualified doctors, asking important questions, identifying viable non-surgical options, choosing the timing of surgical procedures, and incorporating quality physical therapy into the treatment plan.

IS IT TIME FOR KNEE OR HIP REPLACEMENT?

Dr. Murillo Adrados, orthopedic surgeon with Carilion Clinic

DO I REALLY NEED A PRIMARY CARE DOC THROUGH THIS JOURNEY?

Dr. Laurie Nair, retired after 30 years as a Family Medicine doctor in WV, discussing choosing a doc, research on stats, optimized pre-op healthcare & surgical clearance

A PHYSIATRIST? WHAT'S THAT? NON-SURGICAL OPTIONS FOR BACK PAIN

Dr. Pete Vonderau, a specialist in physical medicine and rehabilitation and electrodiagnostics from OrthoVA, who knows how to navigate back pain with minimal medication

WILL SPINE SURGERY REALLY HELP OR NOT?

Dr. Steven Baltic, a spine specialist orthopedic surgeon from OrthoVA

IT'S NOT TORTURE, IT'S PT: WHY PHYSICAL THERAPY IS ESSENTIAL BEFORE AND AFTER!

Jordan Chang, DPT – supervisor and physical therapist at Carilion Outpatient Rehabilitation Services, who helps people avoid surgery and people recovering from surgeries

IN OR OUT? OPTIONS FOR YOUR POST-OPERATIVE REHAB

William Lester, president and CEO of Warm Hearth Village







Field Trips

65. & 66. Visit a Nearby Treasure: Falls Ridge Preserve

SELECT ONE SESSION DATE

65. SESSION 1 | Barbara Glaser and **Sandy Weber** | Thursday, 9/10, 10:00 AM-11:30 AM
Falls Ridge Rd., Elliston | Limit: 20 | Fee: $15

66. SESSION 2 | Barbara Glaser and **Sandy Weber** | Wednesday, 9/30, 10:00 AM-11:30 AM
Falls Ridge Rd., Elliston | Limit: 20 | Fee: $15

Falls Ridge Nature Preserve is 20-30 minutes from Blacksburg, but it is a hidden treasure given that the preserve has been closed to the public for 5 years. This is your chance to learn the history of this beautiful Nature Conservancy property and to enjoy the lovely travertine waterfall, karst landscape, caves, plants, and remnants of human habitation on a leisurely guided hike.

This is an easy to moderate hike with mostly dirt trails. There are challenging steps along the way, so bring your hiking sticks.

GUIDES

Barbara Glaser and **Sandy Weber** are experienced Nature Conservancy volunteers who enjoy sharing the beauty of the Falls Ridge Preserve.



67. A Behind-the-Scenes Tour of an Organic Farm

Sally Walker | Friday, 9/11, 10:00 AM-11:30 AM
Glade Road Growing, 2351 Glade Road, Blacksburg | Limit: 20 | Fee: $15 | Tour Fee: $10

Go behind the scenes at a family-run organic farm right here in Blacksburg. At Glade Road Growing, discover how vegetables are raised using soil-building practices alongside pasture-raised pork, poultry, and eggs. Learn what it takes to run a direct-to-consumer farm, tour both crop fields and livestock areas, and enjoy a tasting of fresh, seasonal produce. Terrain is mostly level but uneven in places, with loose gravel.



GUIDE

Sally Walker and her husband, **Jason Pall**, founded Glade Road Growing in 2010. They transformed leased land into a thriving family farm in Blacksburg, producing certified naturally grown vegetables and pasture-raised pork, poultry, and eggs.

68. & 69. Alpaca Farm Tour and Lunch in Scenic Catawba

SELECT ONE SESSION DATE

68. SESSION 1 | Pam Schiele | Tuesday, 9/15, 11:30 AM-1:30 PM
Teaberry Alpaca Farm, Catawba | Limit: 18 | Fee: $30 (includes lunch and tour)

69. SESSION 2 | Pam Schiele | Thursday, 9/17, 11:30 AM-1:30 PM
Teaberry Alpaca Farm, Catawba | Limit: 18 | Fee: $30 (includes lunch and tour)

Enjoy a relaxing visit to a picturesque alpaca farm in Catawba, Virginia. Savor a catered lunch from Lemon and Vale Cakery (vegetarian options available), including sides, dessert, and lemonade. Afterward, tour the farm, learn about alpaca care, and enjoy a hands-on opportunity to feed these gentle animals—perfect for photos. In case of rain, lunch will be served on a covered porch and the alpacas visited in the barn.



GUIDE

Pam Schiele and her family moved to Virginia after 30 years in Arizona. They established the Teaberry Alpaca Farm in 2022, specializing in breeding Huacaya alpacas. They also operate an on-site fiber mill.

70. Discovering Pollinators: A Pandapas Garden Walk

George Glasson, Sandy Weber, and **Bob Whitten** | Friday, 9/18, 9:30 AM-11:00 AM, Rain date 9/25
Pandapas Pond | Limit: 20 | Fee: $15

Curious about the native plants and pollinators that sustain our local ecosystems? Join Virginia Master Naturalist volunteers for a guided visit to the Pollinator Garden at Pandapas Pond. Discover which plants are in bloom and observe bees, butterflies, and other beneficial insects active in early fall. We'll meet at the lower parking lot and enjoy an easy quarter-mile walk to the garden. Comfortable walking shoes recommended.



GUIDES

Virginia Master Naturalists **George Glasson, Sandy Weber,** and **Bob Whitten** will lead a tour of the pollinator garden at Pandapas Pond.

71. The American Revolution at 250

April Martin and **Jeff Briggs** | Wednesday, 9/23, 11:30 AM-1:30 PM
Wilderness Road Regional Museum, Newburn | Limit: 25 | Fee: $35 (includes lunch)

Back by popular demand!

Virginia is commemorating the 250th anniversary of the American Revolution with events throughout the Commonwealth this year (see VA250.org and the Virginia Museum for History and Culture for details). Close to home, the Wilderness Road Regional Museum in New Bern is hosting a special tavern lunch just for LLI members on September 23 where you can savor authentic foods of the period – stew, corn bread, dessert, and hot tea are on the menu. We'll also learn more about the British and loyalist views of the war from the founder and director of the Fincastle Company and the Wilderness Road museum director.



GUIDES

April Martin is director of the Wilderness Road Regional Museum as well at the Ratcliff Transportation Museum.

Jeff Briggs is founder and director of the Fincastle Company, a group of volunteer historical reenactors.

72. Healing Hands: Black Healthcare in Segregated Roanoke

Brittney Flowers | Wednesday, 10/7, 1:00 PM-2:30 PM
Harrison Museum of African American Culture, Roanoke | Limit: 20 | Fee: $20 (includes tour fee)

Participants will begin with an introduction to *Hidden in Plain Sight,* a documentary highlighting overlooked stories from Roanoke's African American past. They will then enjoy a guided tour of *Healing Hands*, the Harrison Museum's exhibit on African American healthcare in Roanoke. Through the stories of physicians, nurses, midwives, pharmacists, hospitals, and community advocates, participants will discover how Black Roanokers created vital healthcare institutions and support networks, leaving a lasting legacy of resilience, leadership, dignity, and community care.

PRESENTER

Brittney Flowers is gallery manager for the Harrison Museum of African American Culture.

HARRISON MUSEUM
OF AFRICAN AMERICAN CULTURE

73. A Gentle Float on the New River

David Goodman | Wednesday, 10/14, 9:00 AM-3:00 PM
Blacksburg Community Center | Limit: 18 | Fee: $55

Floating down the New River near Radford is a beginner-friendly fall treat. We'll have three rafts with up to 6 participants in each, guided by staff from Blacksburg Parks and Recreation, which means no work for us. We'll gather at the Blacksburg Community Center at 9:00am and we will be shuttled to our starting point on the river. After we get off the river, the shuttle will take us to a Radford restaurant for lunch (not included in the trip cost). The shuttle will then take us back to the Blacksburg Community Center. This trip is in relatively calm, easy for beginners, and a great way to see some fall colors on the New River from a different perspective!

GUIDE

David Goodman is the outdoor programs supervisor for the Town of Blacksburg.



74. Innovation in Action: The VTC School of Medicine

Lee Learman and **Rebecca Pauley**| Wednesday, 10/28, 12:00 PM-3:00 PM
Virginia Tech Carilion School of Medicine, Roanoke | Limit: 25 | Fee: $25 (includes lunch)



The Virginia Tech Carilion School of Medicine welcomed its first class in 2010, became the ninth college of Virginia Tech in 2018, and has quickly become a leader in innovative medical education. We'll start our visit with lunch, then hear from academic leaders about its problem-based, patient-centered curriculum and how it differs from traditional models by emphasizing research and health systems science. Meet students, learn why they chose VTCSOM, and explore how research, systems thinking, and community engagement shape the next generation of physician-leaders.

PRESENTERS

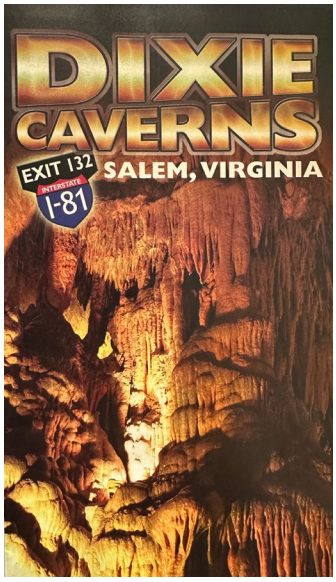
Dr. Lee Learman is dean of the VTC School of Medicine

Dr. Rebecca Pauley is vice dean of the VTC School of Medicine

75. Hidden Wonders: Exploring Dixie Caverns

Pam Lavern | Friday, 11/13, 10:15 AM-11:30 AM
Dixie Caverns, Salem | Limit: 20 | Fee: $20

Discover the natural beauty hidden inside the mountain on a guided tour of Dixie Caverns in Salem, VA. Formed over millions of years, these striking formations offer a fascinating glimpse into geologic history. The caverns have been a family-owned tourist attraction since 1923. The cavern temperature is a constant 55°. *The trip is not recommended for those with balance concerns because of uneven or wet surfaces, or for those who have difficulty navigating stairs (approx. 400 during tour, moderately strenuous).*





MEMBERSHIP BENEFIT
Free Courses

76. Emergency Preparedness: Skills That Save Lives

Lee Watson | Wednesday and Thursday, 10:00 AM-12:00 PM
2 sessions: 9/9, 9/10
CRC, Concept Room | Limit: 18 | Fee: $0

Have you worried about how you might respond if a family member, friend, or grandchild had a medical emergency in your presence? After you call 911 and wait for EMS to arrive, you can take active steps to stabilize a person and disrupt further injury. Find out what to do in two hands-on classes covering CPR and first aid.

PRESENTER

As an experienced trainer, **Lee Watson** frequently conducts courses in CPR and First Aid.

77. & 78. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices

SELECT ONE SESSION DATE

77. SESSION 1: APPLE | Yanni Cooper | Friday, 9/11, 10:30 AM-12:30 PM
Blacksburg Library | Limit: 10 | Fee: $0

78. SESSION 2: ANDROID | Yanni Cooper | Friday, 9/11, 2:30 PM-4:30 PM
Blacksburg Library | Limit: 10 | Fee: $0



Library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with the Libby app and your library card.

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing.
- Your device: iPad or iPhone for Apple session. Samsung, LG, Nexus, Kindle, or similar for Android session.

Need help downloading the Libby app? Visit the desk at the library for one-on-one help before the class.

79. Living Well with Chronic Diseases

Elizabeth Caton | Tuesday, 1:00 PM-3:00 PM
6 weeks: 9/15, 9/22, 9/29, 10/6 10/13, 10/20
Zoom | Limit: 12 | Fee: $0

This six-week course uses the curriculum of the Chronic Disease Self-Management Program (CDSMP) and is designed for adults living with any ongoing health condition. The program helps participants build skills and confidence to manage their health and maintain quality of life. Participants learn practical strategies to manage pain and fatigue, stay physically active, use medications effectively, communicate with health care providers, and support emotional well-being. CDSMP is an evidence-based program developed at Stanford University and managed by the Self-Management Resource Center. It is sponsored by the Virginia Department of Health and delivered statewide by Virginia Cooperative Extension.

REQUIRED TEXT

Lorig, *Living a Healthy Life with Chronic Conditions*

Relaxation for Mind and Body streaming audio (book and audio provided free to participants)

INSTRUCTOR

This six-week course will be led by Chronic Disease Self-Management Program (CDSMP) peer leaders trained and certified through the Self-Management Resource Center (SMRC). These leaders are individuals living with chronic conditions themselves or are individuals caring for others with chronic conditions. Most are Virginia Cooperative Extension Family and Consumer Sciences agents.

MEMBERSHIP BENEFIT

Free Lectures

80. On the Ballot: Understanding Virginia's Constitutional Amendments

Patricia Hyer and **Carolyn Rude** | Thursday, 9/10, 7:00 PM-8:15 PM
Blacksburg Town Council Chambers | Limit: 100 | Fee: $0

In partnership with the League of Women Voters of Montgomery County, VA, and the Montgomery County-Radford City-Floyd County branch of NAACP

Three proposed amendments on the November 3 ballot could reshape Virginia's constitution — protecting reproductive freedom, automatic restoration of voting rights for felons released from incarceration, and marriage equality. This presentation offers clear, accessible explanations of each measure, what it would change, and why it matters. Gain the context you need to evaluate the proposals, ask informed questions, and approach the ballot with confidence as an engaged and knowledgeable voter.

PRESENTERS

Patricia Hyer, League member and chair, Our Bodies Our Choice

Carolyn Rude, past president, League of Women Voters of Montgomery County

LWV LEAGUE OF WOMEN VOTERS®

81. Art Dolls as Fine Art

Sandy Hagman | Monday, 9/14, 11:00 AM-12:30 PM
1 week: 9/14
Host's Home | Limit: 12 | Fee: $0

Art dolls are original works of art created by artists using the same creative principles found in painting and sculpture. You are invited to Sandy's home to explore the history and evolution of art dolls through examples in her collection, ranging from early members of the National Institute of American Doll Artists (NIADA), founded in 1963, to contemporary creators. Discover a remarkable variety of styles, materials, and subjects—from realistic figures to imaginative creatures and abstract forms. The host will offer refreshments.

HOST

Sandy Hagman is a lifelong collector of dolls. She is especially interested in dolls created by the National Institute of Doll Artists.



82. Bluegrass Roots

Ben Jewell-Plocher | Saturday, 9/19, 4:00 PM-5:00 PM
Creativity and Innovation District (CID), 185 Kent St., Blacksburg | Limit: 50 | Fee: $0
In partnership with the Center for the Arts

Join award-winning musicians Béla Fleck, Michael Cleveland, and Dominick Leslie for a conversation about the evolution of bluegrass and its enduring roots in Appalachian music, moderated by Tyler Hughes, executive director of The Crooked Road.

At 7:30pm, our speakers will be performing at the Center for the Arts. Don't miss this one! Tickets are available through the Center of the Arts box office.







MEMBERSHIP BENEFIT: FREE LECTURES AT WARM HEARTH

LLI Sustaining Partner: Warm Hearth Village

Warm Hearth Village has been a Sustaining Partner of the Lifelong Learning Institute of Virginia Tech since its founding. By generously providing meeting space and ongoing support, Warm Hearth helps LLI offer a wide range of programs and activities. In return, LLI welcomes Warm Hearth residents to attend our free lectures each term, regardless of membership status. This longstanding partnership has played an important role in LLI's success, and we look forward to continuing it for years to come.

Non-member Warm Hearth residents are invited to attend the following talks held at Warm Hearth; registration is not required.

83. When Big Failures Make Great Art

Michelle Moseley | Wednesday, 9/16, 1:30 PM-2:30 PM
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: $0

It might seem like important works by great artists were all as well-received and appreciated in the past as they are today — not true! This talk examines some of art history's biggest artistic flops by great artists, including the French Impressionists, Rembrandt, Michelangelo, Bernini, and more! We will see how art disasters, technical mistakes, and career-derailing controversies can end up as examples of genius, and how big risk-taking in art (and life!) sometimes pays off.

PRESENTER

Michelle Moseley is a professor of art history & co-director of the Material Culture & Public Humanities MA Program

84. Stitched Together: Pulaski's Fight for Equal Education

Jill Williams | Wednesday, 9/30, 3:00 PM-4:30 PM
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: $0



Join us for a screening of *Stitched Together*, followed by a panel discussion with participants in the 23/54 Project, a community research initiative of the Calfee Community & Cultural Center. Through quilts, oral histories, and interactive exhibits, the project preserves the stories of 23 Pulaski County families who challenged school segregation in a landmark 1947 lawsuit. Discover how descendants, historians, and artists are keeping this important chapter of local civil rights history alive.

The Calfee Community & Cultural Center preserves local African American history while serving the community through education, cultural programs, childcare, and gathering spaces. Housed in the historic Calfee Training School building, the Center honors the school's legacy while creating opportunities for future generations.

85. Breast Cancer Awareness

Healthy Dialogues with LewisGale Hospital Montgomery
Jolene Henshaw | Thursday, 10/15, 4:00 PM-5:00 PM
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: $0

Dr. Henshaw's talk focuses on empowering individuals with knowledge about breast health, early detection, risk awareness, and advances in treatment. She will emphasize proactive care, reducing stigma, and encouraging open conversations about breast health across all age groups.

PRESENTER

Jolene Henshaw is a board-certified general surgeon with LewisGale Physicians Breast Care. She specializes in the evaluation of breast cancer risks, surveillance and management of patients at high risk for breast cancer, and breast-related surgical procedures including minimally invasive biopsy, lumpectomy, mastectomy, and reconstruction.

86. The Healing Power of Therapy Animals

Trent Davis | Friday, 11/20, 10:00 AM-11:30 AM
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: $0



Curious about therapy animals and how they differ from service and emotional support animals? Join Trent Davis for an engaging introduction to the human–animal bond and Virginia Tech's Animal-Assisted Therapy program. Learn how therapy animals are selected, trained, and cared for, and the important role they play in supporting well-being. You'll also meet Derek and Epcot, two of VT's therapy dogs, and enjoy a chance to interact with these special canine ambassadors.

PRESENTER

Trent Davis is a licensed professional counselor and the coordinator for animal-assisted therapy at Virginia Tech's Cook Counseling Center.

87. Understanding Coronary Artery Disease: Prevention, Warning Signs, and New Treatments

Larry Cox | Wednesday, 12/2, 3:00 PM-4:30 PM
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: $0

What causes clogged heart arteries, and how can you reduce your risk? This program offers an overview of coronary artery disease, including warning signs such as chest pain and heart attack. We'll discuss common risk factors, current treatments including cholesterol-lowering medications, and newer approaches to prevention. The session will also explain screening tools such as coronary calcium scoring and hs-CRP blood testing, helping participants better understand heart health and prevention strategies.

PRESENTER

Larry Cox is a retired board-certified cardiologist

MEMBERSHIP BENEFIT
Free Webinars

88. Hamilton: Man And Music

Dan Sherman | Wednesday, 9/9, 1:30 PM-3:30 PM
Zoom | Limit: unlimited | Fee: $0

This is an encore recording (2021) of one of the most popular webinars that LLI has ever offered. Dan Sherman captivates us with history you may never have learned, lyrics and music from the Broadway show, and interesting commentary along the way. Alexander Hamilton has always been known as a central player in America's early history, but the smash Broadway musical *Hamilton* has focused renewed attention on this fascinating individual. This presentation combines Hamilton's biography with excerpts from the show to demonstrate its richness and its place among Broadway musicals. Access to the recording will be available if you can't join us at the scheduled time.

PRESENTER

Dan Sherman is a longtime lecturer and music enthusiast who has taught courses on musical theater, film musicals, and other music-related topics for lifelong learning audiences. A gifted storyteller with a talent for making music accessible and engaging, he combines historical context, cultural insights, and memorable audio examples to deepen appreciation for a wide range of musical styles.

89. *Night is Coming*: *The Untold Story of African-American Triumph and Tragedy at Christiansburg Institute*

Michael Hemphill | Friday, 12/4, 1:30 PM-3:00 PM
Zoom | Limit: unlimited | Fee: $0

One hundred and sixty years ago, African Americans in Appalachian Virginia rose from slavery and segregation to build Christiansburg Institute, a school whose reputation rivaled Tuskegee and Hampton. Now external threats and internal turmoil—including a 2026 lawsuit—endanger its legacy. Night is Coming chronicles the school's century of service, including 20 years under Booker T. Washington, and tells an epic story of Black triumph and tragedy deserving a place alongside the defining stories of Black history. A video recording will be available.

PRESENTER

Michael Hemphill is the creator of the EMMY Award-nominated BUZZ public television show (http://buzz4good.com), which highlights and helps Southwest Virginia nonprofit organizations. He and his daughter, Emily Hemphill, co-authored the forthcoming book *Night is Coming: The Untold Story of African-American Triumph and Tragedy at Christiansburg Institute.* Subscribe to their Substack (free or paid) at https://open.substack.com/pub/buzz4good to receive excerpts this fall.

LLI Fall 2026

REGISTRATION WORKSHEET

Please use this worksheet to collect your choices and to facilitate online or phone registration beginning at 9:30 am, August 19, 2026; credit cards only. Walk-in and mail-in registration are not available.

SPECIAL EVENT

- ☐ 1. The Hyer Speaker Series, Tuesday, 11/10, 11:30 AM-2:00 PM, in person, $35

COURSES

- ☐ 2. From Old English to Shakespeare's English: A Historical Survey, Monday, 10/26, 11/2, 11/9, 3:30 PM-5:00 PM, in person, $35
- ☐ 3. Memoir and Essay Writing, Friday, 9/18, 9/25, 10/2, 10/9, 10/23, 1:00 PM-2:30 PM, in person, $35
- ☐ 4. Creative Writing: The Elements of Fiction, Tuesday, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 3:00 PM-4:15 PM, in person, $35
- ☐ 5. Collaborating with AI: How to Make Artificial Intelligence Your Writing Partner, Tuesday, 12/1, 12/8, 1:00 PM-2:15 PM, in person, $25
- ☐ 6. Story Telling for Everyone, Tuesday, 10/27, 11/3, 11/10, 11/17, 10:00 AM-11:30 AM, Zoom, $35
- ☐ 7. Reading Old Testament Narratives as Literature, Thursday, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 11:00 AM-12:30 PM, in person, $35
- ☐ 8. Food in the Poetry of Nikki Giovanni, Tuesday, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 11:00 AM-12:30 PM, in person, $35
- ☐ 9. Virginia Writes Murder: A Mystery Sampler, Thursday, 9/24, 10/1, 10/8, 10/15, 10/22, 11:00 AM-12:30 PM, Zoom, $35
- ☐ 10. ***Hamlet*** In-Depth: A Month with Shakespeare's Masterpiece, Friday, 10/30, 11/6, 11/13, 11/20, 11:00 AM-12:30 PM, Zoom, $35
- ☐ 11. Italian for Travelers, Thursday, 9/17, 9/24, 10/1, 10/8 10/15, 10/22, 1:00 PM-2:30 PM, in person, $35
- ☐ 12. Introductory Spanish, Friday, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 3:00 PM-4:30 PM, in person, $35
- ☐ 13. Lives in Music: Samuel Coleridge-Taylor, Friday, 11/6, 11/13, 3:00 PM-4:00 PM, in person, $25
- ☐ 14. Gone Too Soon: Influential Songwriters Who Died Young, Friday, 10/30, 11/6, 11/13, 11/20, 1:00 PM-2:30 PM, Zoom, $35
- ☐ 15. Singing for Seniors, Tuesday, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11:00 AM-12:15 PM, in person, $35
- ☐ 16. The Great MGM Musicals of the 1940s and 1950s, Thursday, 9/24, 10/1, 10/8, 10/15, 10/22, 11:00 AM-12:30 PM, in person, $35
- ☐ 17. Learning to Look Closely: Discovering the Hidden Meanings in Art, Wednesday, 10/28, 11/4, 11/11, 11/18, 12/2, 11:00 AM-12:15 PM, in person, $35
- ☐ 18. The Art of Indulgence: Picturing Chocolate in Artworks, Wednesday, 10/28, 11/4, 11/11, 3:00 PM-4:30 PM, in person, $35
- ☐ 19. Drawing 102, Monday, 9/14, 9/21, 9/28, 10/5 10/12, 10/19, 1:30 PM-3:00 PM, in person, $35
- ☐ 20. Color Made Personal: A Watercolor Exploration, Friday, 9/25, 10/2, 10/9, 10/16, 10/23, 10:00 AM-12:00 PM, in person, $35
- ☐ 21. Knit Hats and Mittens for the Christmas Store, Friday, 9/25, 10/2, 10/9, 10/16, 10/23, 11:00 AM-12:30 PM, in person, $35
- ☐ 22. Glass Flower-Making, Monday, 9/28, 10/26, 1:00 PM-3:00 PM, in person, $25
- ☐ 23. Appliqué a Queen Anne's Lace Design, Wednesday, 9/30, 10/7, 10/14, 11:00 AM-1:00 PM, in person, $35
- ☐ 24. Create a Personalized Felted Bowl to Tell Your Story, Tuesday, 10/27, 1:00 PM-4:00 PM, in person, $15
- ☐ 25. Visible Mending: How to Repair Damaged Garments with Style, Friday, 10/30, 2:00 PM-5:00 PM, in person, $15
- ☐ 26. Floral Design 101, Thursday, 9/17, 9/24, 10/1,10/8, 10/15, 10/22, 9:00 AM-10:30 AM, in person, $35
- ☐ 27. Sampler, Tuesday, 9/22, 9/29, 10/6, 10/13, 9:00 AM-10:15 AM, Zoom, $35
- ☐ 28. TED Talks: Join the Conversation, Thursday, 10/29, 11/5, 11/12, 3:00 PM-4:30 PM, in person, $35
- ☐ 29. Economics Unmasked: Big Ideas, Hot Debates, Friday, 9/18, 9/25, 10/2, 10/9, 10/16, 1:00 PM-2:30 PM, in person, $35
- ☐ 30. The Constitution and the Criminal Process, Thursday, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 11:00 AM-12:30 PM, in person, $35
- ☐ 31. From Civil War to Civil Rights: A Gallery of American History-Makers, Monday, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 1:00 PM-2:15 PM, in person, $35
- ☐ 32. American Foreign Policy in the Middle East, Thursday, 10/29, 11/5, 11/12, 11/19, 1:00 PM-2:30 PM, in person, $35
- ☐ 33. Unsung Heroes of World War II, Wednesday, 10/28, 11/4, 11/11, 11:00 AM-12:30 PM, in person, $35
- ☐ 34. The Moravians of North Carolina, Tuesday, 10/27, 11/3, 11/10, 3:00 PM-4:00 PM, in person, $35
- ☐ 35. Montgomery Mineral Springs Resorts: Nearly 250 years of History, Monday, 12/7, 1:00 PM-2:30 PM, in person, $15
- ☐ 36. Big Ideas Book Discussion Group: C. Thi Nguuyen's ***The Score,*** Wednesday, 9/23, 9/30, 10/7, 10/14, 10/21, 3:00 PM-4:00 PM, in person, $35
- ☐ 37. How Anthropology Connects Our Past and Present, Wednesday, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 1:00 PM-2:30 PM, in person, $35
- ☐ 38. ***The Twilight Zone:*** Social Justice in the Fifth Dimension, Tuesday, 9/22, 9/29, 10/6, 10/13 10/20, 9:00 AM-10:30 AM, in person, $35
- ☐ 39. Navigating Women's and Gender Studies: An Introduction, Wednesday, 10/28, 11/4, 11/11, 11/18, 1:00 PM-2:15 PM, in person, $35
- ☐ 40. The Frankensteins Among Us: Saviors or Monsters?, Thursday, 10/29, 11/5, 11/12, 11/19, 3:00 PM-4:15 PM, in person, $35
- ☐ 41. Learning to Love the New River Valley, Monday, 9/21, 9/28, 10/5, 10/12, 10/19, 11:00 AM-12:30 PM, in person, $35
- ☐ 42. Armchair Journeys, Monday, 10/26, 11/2, 11/9, 11/16, 1:00 PM-2:15 PM, Zoom, $35
- ☐ 43. Preparing Classic Moroccan Cuisine, Friday, 10/2, 10/9, 9:00 AM-10:30 AM, 9:00AM-2:00PM, hybrid, $35
- ☐ 44. Italian Cooking Experiences: Gnocchi, Friday, 11/13, 9:00 AM-12:00 PM, in person, $15

- ☐ 45. Italian Cooking Experiences: Gnocchi, Friday, 11/20 ,9:00 AM-12:00 PM, in person, $15
- ☐ 46. Pasta in Two Cuisines, Wednesday, 9/16, 9/23, 5:00 PM -6:30 PM, in person, $25
- ☐ 47. Pantry-to-Plate: Creating Food Kits for Gifts and Easy Meal Prep, Tuesday, 11/3, 9:00 AM-10:30 AM, in person, $15
- ☐ 48. Appreciating Australian Grape Varieties, Monday, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 3:00 PM-4:30 PM, in person, $35
- ☐ 49. Appreciating Australian Grape Varieties, Wednesday, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 3:00 PM-4:30 PM, in person, $35
- ☐ 50. Introduction to Juggling, Monday, 9/14, 9/21, 9/28, 10/5, 9:00 AM-10:00 AM, in person, $35
- ☐ 51. Learn to Play Pickleball, Tuesday, 9/15, 9/22, 9/29, 10/6, 10/13, 10:00 AM-11:30 AM, in person, $35
- ☐ 52. Experience Yoga!, Monday, Wednesday, 10/26, 10/28, 11/2, 11/4, 11/9, 11/11, 11/16, 11/18, 9:00 AM-10:30 AM, in person, $35
- ☐ 53. Audrey Grant's Bridge Basics 3: Popular Conventions, Friday, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 9:00 AM-11:00 AM, in person, $35
- ☐ 54. Ancestral Footprints: Turning Family Research into Lasting Legacies, Thursday, 9/24, 10/1, 10/8, 1:00 PM-2:30 PM, in person, $35
- ☐ 55. Planning and Maintaining a Fall Garden, Thursday, 9/24, 10/1, 10/15, 10/22, 10/29, 9:00 AM-10:15 AM, in person, $35
- ☐ 56. Improving Quality of Life for Seniors, Monday, 9/21, 9/28, 10/5, 10/12, 4:00 PM-5:30 PM, in person, $35
- ☐ 57. Book Discussion: Bredeson's, *The Ageless Brain,* Monday, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 9:00 AM-10:30 AM, in person, $35
- ☐ 58. Learning to Lead: Practical Tools and Proven Strategies, Wednesday, 9/16, 9/23, 9/30, 10/7, 10/21, 9:00 AM-10:30 AM, Zoom, $35
- ☐ 59. Improvisational Theatre for Judgment-Free Communication, Tuesday, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 3:00 PM-4:30 PM, Zoom, $35
- ☐ 60. Learn to Use Apple Intelligence Tools in iPhones, iPads, and Macs, Wednesday, 12/2, 12/9, 1:00 PM-2:30 PM, in person, $25
- ☐ 61. The Zombie Plague: What Doomsday Infections Can Teach Us About Epidemiology, Monday, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 9:00 AM-10:30 AM, in person, $35
- ☐ 62. Bugs and Us: Insects and Our Culture, Tuesday, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 1:00 PM-2:00 PM, in person, $35
- ☐ 63. Love Apples, Lumpers, and Mary Jane: Surprising Facts about Six Economically Important Plants, Thursday, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 3:00 PM-4:30 PM, in person, $35
- ☐ 64. Time for Orthopedic Surgery? Making Good Choices Through Shared Decision-Making, Tuesday, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 3:00 PM-4:30 PM, in person, $35

FIELD TRIPS

- ☐ 65. Visit a Nearby Treasure: Falls Ridge Preserve, Thursday, 9/10, 10:00 AM-11:30 AM, in person, $15
- ☐ 66. Visit a Nearby Treasure: Falls Ridge Preserve, Wednesday, 9/30, 10:00 AM-11:30 AM, in person, $15
- ☐ 67. A Behind-the-Scenes Tour of an Organic Farm, Friday, 9/11, 10:00 AM-11:30 AM, in person, $15
- ☐ 68. Alpaca Farm Tour and Lunch in Scenic Catawba, Tuesday, 9/15, 11:30 AM-1:30 PM, in person, $30
- ☐ 69. Alpaca Farm Tour and Lunch in Scenic Catawba, Thursday, 9/17, 11:30 AM-1:30 PM, in person, $30
- ☐ 70. Discovering Pollinators: A Pandapas Garden Walk, Friday, 9/18, 9:30 AM-11:00 AM, in person, $15
- ☐ 71. The American Revolution at 250, Wednesday, 9/23, 11:30 AM-1:30 PM, in person, $35
- ☐ 72. Healing Hands: Black Healthcare in Segregated Roanoke, Wednesday, 10/7, 1:00 PM-2:30 PM, in person, $20
- ☐ 73. A Gentle Float on the New River, Wednesday, 10/14, 9:00 AM-3:00 PM, in person, $55
- ☐ 74. Innovation in Action: The VTC School of Medicine, Wednesday, 10/28, 12:00 PM-3:00 PM, in person, $25
- ☐ 75. Hidden Wonders: Exploring Dixie Caverns, Friday, 11/13, 10:15 AM-11:30 AM, in person, $20

FREE MEMBER PROGRAMS

- ☐ 76. Emergency Preparedness: Skills That Save Lives, Wednesday, Thursday, 9/9, 9/10, 10:00 AM-12:00 PM, in person, $0
- ☐ 77. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices (Apple), Friday, 9/11, 10:30 AM-12:30 PM, in person, $0
- ☐ 78. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices (Android), Friday, 9/11, 2:30 PM-4:30 PM, in person, $0
- ☐ 79. Living Well with Chronic Diseases, Tuesday, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 1:00 PM-3:00 PM, Zoom, $0
- ☐ 80. On the Ballot: Understanding Virginia's Constitutional Amendments, Thursday, 9/10, 7:00 PM-8:15 PM, in person, $0
- ☐ 81. Art Dolls as Fine Art, Monday, 9/14, 11:00 AM-12:30 PM, in person, $0
- ☐ 82. Bluegrass Roots, Saturday, 9/19, 4:00 PM-5:00 PM, in person, $0
- ☐ 83. When Big Failures Make Great Art, Wednesday, 9/16, 1:30 PM-2:30 PM, in person, $0
- ☐ 84. Stitched Together: Pulaski's Fight for Equal Education, Wednesday, 9/30, 3:00 PM-4:30 PM, in person, $0
- ☐ 85. Breast Cancer Awareness: Healthy Dialogues with LewisGale Hospital Montgomery, Thursday, 10/15, 4:00 PM-5:00 PM, in person, $0
- ☐ 86. The Healing Power of Therapy Animals, Friday, 11/20, 10:00 AM-11:30 AM, in person, $0
- ☐ 87. Understanding Coronary Artery Disease: Prevention, Warning Signs, and New Treatments, Wednesday, 12/2, 3:00 PM-4:30PM, in person, $0
- ☐ 88. Hamilton: Man And Music, Wednesday, 9/9, 1:30 PM-3:00 PM, Zoom, $0
- ☐ 89. Celebrating John Williams, Friday, 12/4, 1:30 PM-3:00 PM, Zoom, $0

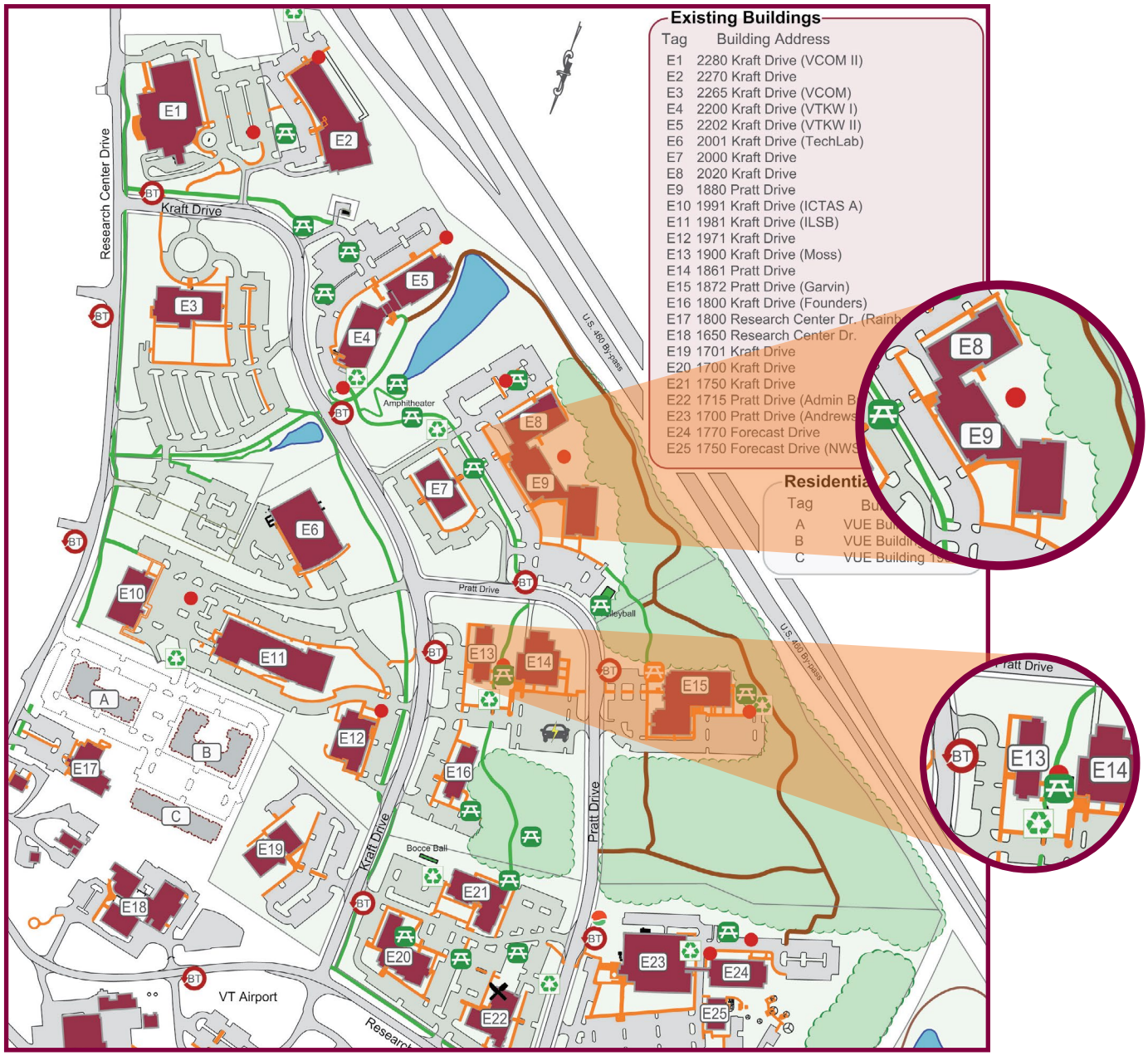
REGISTRATION OPENS WEDNESDAY, AUGUST 19 AT 9:30AM

Corporate Research Center Locations

E7: 2000 Kraft Dr.
In Balance Yoga
Suite 1204

E9: 1880 Pratt Dr.
Concept Room
Suite 2018

E13: 1900 Kraft Dr.
Curiosity Room
Suite 1000



Easy parking at CRC – no fees, no permit needed, no hassle finding a space.

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FALL
2026

REGISTRATION OPENS
WEDNESDAY, AUGUST 19
AT 9:30AM

SCAN TO REGISTER

Register online by visiting the LLI Home page at
www.cpe.vt.edu/lifelonglearning and clicking REGISTER.

This is the fastest way to register. We recommend registering online whenever possible.

Register by phone by calling **540-231-5182.**

Please note that there will be no walk-in or mail-in registration.